

**PATIENT INFORMED CONSENT TO TREATMENT**

**The Nature of Chiropractic Treatment:** Physical examination involves bending, twisting, mechanically challenging your joints and testing your muscle strength; and can possibly lead to temporarily feeling sore or having worse pain. During treatment, the doctor will use his hands or mechanical devices in order to move your joints and mobilize soft tissues (muscles and ligaments). A "crack" or a "pop" sound is inherent in some joint manipulation procedures, and is a natural effect of joint movement. Various other procedures, including hot packs, electric stimulation, therapeutic ultrasound, exercises or deep massage may also be used.

**Possible Risks and Side Effects:** As soon as ANY doctor intervenes with your health care there is a risk of side effects and complications. The risk of serious complications from chiropractic treatment has been described as "rare", estimated fewer than 300,000 complications over a five year period (as opposed to about 300,000 deaths annually from prescription drugs) While complications are possible following chiropractic treatment, most are highly unlikely, but could include fractures, sprains, dislocations, and injury to intervertebral discs, nerves or spinal cord. Osteopenic/osteoporotic patients are at higher risk of rib fracture from hands on procedures. Ancillary procedures (hot packs or massage) could produce skin irritation, burns or bruises. Cerebrovascular accident such as stroke could occur and has been calculated at one in a million to one in forty million odds. about the same odds of stroke from having your hair washed in a salon ("beauty parlor syndrome"). The most common and likely side effect of treatment is muscular stiffness or soreness that some people say feels like muscles they exercised for the first time. The odds of having minor adverse symptoms such as post-treatment soreness are about 30% and these symptoms are often transient, lasting only a day. (akin to having sore gums following teeth cleaning by a dental hygienist.)

OTHER TREATMENT OPTIONS THAT COULD BE CONSIDERED.....(Just to put things in perspective)

Over the counter analgesics, prescription medications, surgical procedures and hospitalizations all have significant risk of side effects or potentially serious complications

**RISKS OF REMAINING UNTREATED**

While it is possible that your symptoms can go away with no treatment at all, delay of treatment or not following the doctor's recommended treatment plan could lessen or alter your chances of recovery.

I have read the explanation above regarding chiropractic treatment. I have had the opportunity to have questions answered to my satisfaction. I freely decided to undergo the recommended treatment, and hereby give my full consent to treatment.

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Patient or Legal Guardian's Signature

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Date