



INFORMED CONSENT

The primary treatment used by doctors of chiropractic is the spinal adjustment or manipulation.

- **The Nature of the Chiropractic Adjustment**

I will use my hands or a mechanical device on your body in such a way as to move your joints. This may cause an audible "pop" or "click" much as you have experienced when you "crack" your knuckles. You may feel or sense movement along with this sound.

- **The Material Risks Inherent in Chiropractic Adjustment**

As with any healthcare procedure, there are certain complications which may arise during a chiropractic adjustment. The most frequent complication involves stiffness or soreness following the first few days of treatment. Less frequently, complications can arise which include muscle strain, or strain /separation of the ribs. Even more rare are injuries to the disc, joint dislocation, fractures or injuries to the spinal nerves or arteries that can cause weakness or paralysis.

- **The Probability of Those Risks Occurring**

Fractures or dislocations are rare occurrences and generally the result of some underlying weakness of the bone which we would check for during the taking of your history, examination, and/or x-rays. Injuries to the arteries are extremely rare, at most, a one in a million chance. Since even that risk should be avoided if possible, we also employ tests in our examination which are designed to identify if you may be susceptible to any neurological or vascular kind of injury.

- **Ancillary Treatment**

In addition to chiropractic adjustment, I intend to use the following procedures during your treatments: muscular therapy, trigger point therapy, neuro-muscular re-education, ice packs, intersegmental mechanical traction, or massage. These procedures do not involve any additional significant risks.

The Availability and Nature of Other Treatment Options

Other treatment options for your condition may include:

- * Self-administered, over-the-counter analgesics and rest
- * Medical care with prescription drugs such as anti-inflammatory muscle relaxants and/or pain killers,
- * Surgery,
- * No treatment at all.