

Informed Consent

The Nature of Chiropractic Adjustment

The most common treatment I use as a Doctor of Chiropractic is spinal manipulative therapy. I will most likely use that procedure to treat you. I may use my hands or a mechanical instrument in such a way as to move your joints, which may cause an audible “pop” or “click,” much as you have experienced when you “crack” your knuckles. You may feel a sense of movement.

Analysis/Examination/Treatment

As part of the analysis, examination, and treatment, you are consenting to the following procedures as appropriate and necessary:

- A. Spinal manipulative therapy
- B. Corrective exercises and stretching
- C. Hot/cold therapy
- D. Low level laser therapy
- E. Taping
- F. Nutritional consultation
- G. Palpation
- H. Range of motion testing
- I. Orthopedic testing
- J. Muscle strength testing
- K. Basic neurological testing
- L. Postural analysis

The Risks With Chiropractic Adjustment

As with any healthcare procedure, there are certain complications which may arise during chiropractic manipulation, examination and therapy. These complications include, but are not limited to: fractures, disc injuries, dislocations, muscle strain,

cervical myelopathy, costovertebral strains and separations, burns and skin irritation.

Some types of manipulation of the neck have been associated with injuries to the arteries in the neck leading to or contributing to serious complications including stroke. Some patients will feel some stiffness and soreness following the first few days of treatment. I will make every reasonable effort during the examination to screen for contraindications to care; however, if you have a condition that would otherwise not come to my attention, it is your responsibility to inform me.

The Probability of Those Risks Occurring

Neck manipulation is a remarkably safe procedure. Some reports have associated upper high-velocity neck manipulation with a certain kind of stroke, or vertebral artery dissection.

Recent evidence suggests that this type of arterial injury often takes place spontaneously, or following everyday activities such as turning the head while driving, swimming, or having a shampoo in a hair salon.

Patients with this condition may experience neck pain and headache that leads them to seek professional care – often at the office of a doctor of chiropractic or family physician – but that care is not the cause of the injury. The best evidence indicates that the incidence of artery injuries associated with high-velocity upper neck manipulation is extremely rare – about 1 case in 5.85 million manipulations.

Fractures are rare occurrences and generally result from some underlying weakness of the bone which I check for during the taking of your history and during examination and X-ray when necessary. The other complications are also generally described as rare.

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 and physical therapy
- Prescription drugs such as anti-inflammatory, muscle relaxants and pain-killers
- Hospitalization
- Surgery

If you chose to use one of the above noted “other treatment” options, you should be aware that there are risks and benefits of such options and you may wish to discuss these with your primary medical physicians.

It is important for patients to understand the risks associated with some of the most common treatments for neck and back pain – prescription nonsteroidal anti-inflammatory drugs (NSAIDS) – as these options may carry risks significantly greater than those of manipulation. According to a study from the *American Journal of Gastroenterology*, approximately one-third of all hospitalizations and deaths related to gastrointestinal bleeding can be attributed to the use of aspirin or NSAID painkillers like ibuprofen.

The Risks and Dangers Attendant to Remaining Untreated

Remaining untreated may allow the formation of adhesions and reduce mobility which may set up a pain reaction further reducing mobility. Over time this process may complicate treatment making it more difficult and less effective the longer it is postponed.

I, _____ have read or have had read to me the above explanation of the chiropractic adjustment and related treatment. I have discussed it with Dr Gregory and have had my questions answered to my satisfaction. By signing below I state that I have weighed the risks involved in undergoing treatment and have decided that it is in my best interest to undergo the treatment recommended. Having been informed of the risks, I hereby give my consent to that treatment.

Date: _____

Patient’s Signature: _____

Signature of Parent/Guardian if a minor: _____

¹Cassidy D, et al. *Risk of Vertebrobasilar Stroke and Chiropractic Care. Spine* 2008; 33:S176-S183.

²Haldeman S, et al. *Arterial dissection following cervical manipulation: a chiropractic experience. Can Med Assoc J* 2001; 165(&):905-06.

³Lanas A, et al. *A nationwide study of mortality associated with hospital admission due to severe gastrointestinal events and those associated with nonsteroidal anti-inflammatory drug use. AM J Gastroenterol* 2005; 100:1685-1693.