

Informed Consent

Operations Resource

Before beginning treatment, it is our office policy to inform you of what to expect, possible complications of chiropractic, as well as complications of other approaches. Remember that all forms of treatment (including non-treatment!) have associated risks. **If you have any questions, please ask the doctor.**

What to Expect

The treatment at our office will consist of manipulation of the joints and soft tissues, using the hands and/or a mechanical instrument. You may feel joint movement, and you may hear joint clicks or other noises. Physical therapy methods, along with therapeutic exercise may also be used.

Chiropractic Risks

Chiropractic treatment is one of the safest methods of treating back pain. Still, unexpected problems can occur. Minor, temporary problems, such as soreness and stiffness can occur, especially in the beginning of a treatment plan. Slightly more serious problems are local burns from heat generating physical therapy equipment. More significant problems, such as fracture of weakened bone or sprain/disc injuries are rare. A stroke following neck manipulation is an extremely rare complication, occurring less than 1 per million treatments. Stroke has also been the result of ordinary activities, such as head turning or stargazing.

Other Treatments and Risks

Medications: Many commonly used medications, such as NSAIDs (e.g. Advil, Aleve) or Tylenol, carry risks of tissue damage, including stomach ulcers or kidney damage. This damage can occur quickly, and may be irreversible. There is a significantly higher risk of developing a serious complication with NSAIDs as opposed to chiropractic. Other medications are habit-forming, and may mask pain to allow further tissue damage.

Surgery: surgery is the treatment of choice in less than 1% of back pain patients. Your doctor has screened for surgical “red flags”, and will refer you for a surgical opinion if indicated. Clinical results of surgery for mechanical back pain have been disappointing, and expose you to unnecessary hospital and medication risk.

Rest/non-treatment: Bed rest has been shown to increase the likelihood of re-occurrence of back episodes, and make chronic pain more likely. Likewise, non-treatment may cause a permanent mechanical problem to develop, causing future back problems.

I have read the above, and give my consent to begin chiropractic treatment.

Printed Name _____ Date _____

Signature _____