

Source Physical Therapy

2214 N 56th St
Seattle, WA 98103

INFORMED CONSENT FOR PHYSICAL THERAPY TREATMENT

- **PHYSICAL THERAPY:** Physical therapy is the health care profession that remediates impairments, functional limitations and activity participation restrictions and promotes optimal movement, function, and quality of life through accurate examination, diagnosis, and physical intervention. It is carried out by licensed physical therapists.
- **SPECIALIZED CARE:** Source Physical Therapy employs specialized physical therapists who have earned an advanced level of training and competence in orthopedic practice and manual therapy practice. This allows Source Physical Therapy to offer advanced level of care to its patients.
- **INFORMED CONSENT:** The term informed consent means that potential risks, benefits, and alternative treatments have been clearly explained. Our physical therapists offer a wide range of specialized treatment and services and will provide individualized information at the initial visit concerning treatment and options available for your specific condition.
- **PATIENT RIGHTS:** It is your right to ask your physical therapist about the treatment they have planned for you, given your individual history, physical therapy diagnosis, symptoms, and examination findings. Consequently, it is your right to discuss the potential risks and benefits for your physical therapy treatment. It is your right to decline any part of your treatment at any time during the session if you feel discomfort, pain, or have other unresolved concerns.
- **POTENTIAL BENEFIT:** Source Physical Therapy is dedicated to maximizing the benefits you receive from treatment. These may include an improvement or resolution of your symptoms and an increase in your ability to perform daily activities with optimal movement. It is our goal that you experience increased strength, awareness, flexibility, and endurance with movement and that you experienced decreased pain and discomfort. You should also gain a greater knowledge about independently managing your condition and return to a level of optimal function.
- **POTENTIAL RISK:** There is no guarantee of a positive outcome for your condition. Risks of manual physical therapy and exercise-based treatment include aggravation of existing symptoms, discomfort, pain, and swelling; these symptoms are usually temporary. If you experience serious symptoms such as fainting, dizziness, light-headedness, shortness of breath, or unexplained muscle weakness that was not discussed as a possible outcome of your treatment, contact your physical therapist and/or physician immediately.
- **MANUAL THERAPY:**
 - Joint mobilization is a skilled, passive movement of joint surfaces to reduce pain or improve mobility

- Joint manipulation is a mobilization technique applied at the end range of a joint's active motion, utilizing a high velocity, low amplitude thrust
- There is risk associated with spinal manipulation. Adverse effects of cervical spine manipulation may include temporary increase in neck pain, radiating arm pain, headache, dizziness, impaired vision or ringing in the ears; rarely, serious complication can occur, the most serious being disruption of blood flow to the brain leading to stroke or death. The risk of severe neurovascular compromise has been reported between 1/50,000 to 1 in 5 million manipulations. The most serious adverse effect of lumbar spine manipulation is cauda equina syndrome, which causes extreme pressure on the nerves at the bottom of the spinal cord; symptoms associated with cauda equine include urinary retention, fecal incontinence, and widespread neurological symptoms in the legs. The risk of serious complication in lumbar spine manipulation is extremely rare, reported at less than 1 in 100 million manipulations.