

Informed Consent to Care

You are the decision maker for your health care. Part of our role is to provide you with information to assist you in making informed choices. This process is often referred to as “informed consent” and involves your understanding and agreement regarding the care we recommend, the benefits and risks associated with the care, alternatives, and the potential effect on your health if you choose not to receive the care.

Your health history is the most important tool used by this office to assess how to best treat you. The more accurate information you provide, the better I can serve you. Additionally, providing feedback on your response to our care is crucial in determining a care plan.

Chiropractic care centrally involves what is known as a chiropractic adjustment. There may be additional supportive procedures or recommendations as well. This office does not do the traditional chiropractic ‘popping’ adjustments. When providing an adjustment, we use our hands or an instrument to reposition anatomical structures, such as vertebrae and pelvis. Potential benefits of an adjustment include restoring normal joint motion and weight-bearing structures, reducing swelling, inflammation, and pain, and improving neurological functioning and overall well-being.

It is important that you understand, as with all health care approaches, results are not guaranteed, and there is no promise to cure. As with all types of health care interventions, there are some risks to care, including, but not limited to: muscle spasms, aggravating and/or temporary increase in symptoms (as the body strives to adapt to change), and a lack of improvement of symptoms- for which we would advise you of any additional options you might want to consider. Although highly improbable with the type of care provided in this office, it must also be noted that fractures (broken bones), disc injuries, strokes*, dislocations, strains, and sprains are also listed as potential risks to chiropractic adjustments.

For my pregnant clientele: The Webster Technique is not utilized to turn babies. It is to balance the pelvis and provide the ability for the baby to self-position into an optimal birth position. Nothing I do can harm the baby, nor cause baby to go breech, nor cause a miscarriage. The chiropractic adjustment is to restore balance in a growing pelvis and remove constraint in the soft tissue.

It is also important that you understand there are treatment options available for your condition other than chiropractic procedures. Likely, you have tried many of these approaches already. These options may include, but are not limited to: self-administered care, massage therapy/bodywork, over-the-counter pain relievers, physical measures and rest, medical care with prescription drugs, physical therapy, bracing, injections, and surgery. You always have the right to a second opinion and to secure other opinions about your circumstances and health care as you see fit.

I have read, or have had read to me, the above consent. I appreciate that it is not possible to consider every possible complication to care. I have also had an opportunity to ask questions about its content, and by signing below, I agree with the current or future recommendation to receive chiropractic care as is deemed appropriate for my circumstance. I intend this consent to cover the entire course of care from all providers in this office for my present condition and for any future condition(s) for which I seek chiropractic care from this office.

Patient Name: _____ Signature: _____ Date: _____

Parent/Guardian: _____ Signature: _____ Date: _____

Witness Name: _____ Signature: _____ Date: _____

*With respect to strokes, there is a rare but serious condition known as an “arterial dissection” that typically is caused by a tear in the inner layer of the artery that may cause the development of a thrombus (clot) with the potential to lead to a stroke. The best available scientific evidence supports the understanding that chiropractic adjustment does not cause a dissection in a normal, healthy artery. *Disease processes, genetic disorders, medications, and vessel abnormalities may cause an artery to be more susceptible to dissection. Strokes caused by arterial dissections have been associated with over 72 everyday activities-- such as sneezing, driving, and playing tennis.* Arterial dissections occur in 3-4 of every 100,000 people whether they are receiving health care or not. Patients who experience this condition often, but not always, present to their medical doctor or chiropractor with neck pain and headache. The reported association between chiropractic visits and stroke is exceedingly rare and is estimated to be related in one in one million to one in two million cervical adjustments. *For comparison, the incidence of hospital admission attributed to aspirin use from major GI events of the entire (upper and lower) GI tract was 1219 events/ per one million persons/year and risk of death has been estimated as 104 per one million users.*