



## **INFORMED CONSENT**

### **To receive Chiropractic Adjustments**

**The nature of chiropractic treatment:** The doctor will use his/her hands or a mechanical device in order to move your joints. You may feel a "click" or "pop", such as the noise when a knuckle is "cracked", and you may feel movement of the joint. Various ancillary procedures, such as hot or cold packs, electric muscle stimulation, therapeutic ultrasound or dry hydrotherapy may also be used.

**Possible Risks:** As with any health care procedure, complications are possible following a chiropractic manipulation. Complications could include fractures of bone, muscular strain, ligamentous sprain, dislocations of joints, or injury to inter vertebral discs, nerves or spinal cord. Cerebrovascular injury or stroke could occur upon severe injury to arteries of the neck. A minority of patients may notice stiffness or soreness after the first few days of treatment. The ancillary procedures could produce skin irritation, burns or minor complications.

**Probability of risks occurring:** The risks of complications due to chiropractic treatment have been described as "rare", about as often as complications are seen from the taking of a single aspirin tablet. The risk of cerebrovascular injury or stroke, has been estimated at one in one million to one in twenty million, and can be even further reduced by screening procedures. The probability of adverse reaction due to ancillary procedures is also considered "rare".

### **Other treatment options which could be considered may include the following:**

**Over-the-counter analgesics.** The risks of these medications include irritation to stomach, liver and kidneys, and other side effects in a significant number of cases.

**Medical care, typically anti-inflammatory drugs, tranquilizers, and analgesics.** Risks of these drugs include a multitude of undesirable side effects and patient dependence in a significant number of cases.

**Hospitalization** in conjunction with medical care adds risk of exposure to virulent communicable disease in a significant number of cases.

**Surgery** in conjunction with medical care adds the risks of adverse reaction to anesthesia, as well as an extended convalescent period in a significant number of cases.

