

## Downtown Chiropractic

### Informed Consent

Dear Patient,

Every type of health care is associated with some risk of a potential problem. This includes chiropractic health care. We want you to be informed about the potential problems associated with chiropractic health care before consenting to treatment.

Chiropractic adjustments are done by the doctor's hands or with the use of a tool called an activator. Frequently, adjustments create a "pop" or "click" sound/sensation in the area being treated. Some adjustments will make no noise at all. What Chiropractors feel for are movements of the joint meaning sound is not necessary for a successful adjustment.

**Stroke:** With cervical adjustments, there is a very small chance that a patient could have a stroke. Studies have been done on the prevalence of strokes happening in a Chiropractor's office and in a Medical Doctor's office and the risk is about equal in both settings. Most patients who suffer a stroke go to their Chiropractor because they are experiencing neck pain. The neck pain is most likely coming from an artery that is already in the process of dissecting. A stroke happening after a Chiropractic adjustment is bad timing, and in most cases is not related to the adjustment itself. A systematic review done in 2016 showed that there is no convincing evidence to support a causal link between cervical artery dissection and chiropractic adjustments of the neck. Another study done in 2001 showed that the risk associated with neck manipulation and vertebral artery dissection/stroke is about 1 in 5.85 million adjustments. This means that an average Chiropractor would have to be in practice for hundreds of years before they would statistically be associated with a single patient stroke.

**Disc Herniations:** Disc herniations that create pressure on the spinal nerve or on the spinal cord are frequently successfully treated by chiropractors and chiropractic adjustments, traction, etc. This includes both in the neck and back. Yet, occasionally chiropractic treatment will aggravate the problem and rarely surgery may also cause a disc problem if the disc is in a weakened condition. These problems occur so rarely that there are no available statistics to quantify their probability.

**Soft Tissue Injury:** Soft tissues primarily refer to muscles and ligaments. Muscles move bones and ligaments and limit joint movement. Rarely a chiropractic adjustment, traction, massage therapy, etc., may tear some muscle or ligament fibers. The result is a temporary increase in pain and necessary treatments for resolution, but there are no long term affects for the patient. These problems occur so rarely that there are no available statistics to quantify their probability.

**Rib Fractures:** The ribs are found only in the thoracic spine or middle back. They extend from your back to your front chest area. Rarely a chiropractic adjustments will crack a rib bone, referred to as a fracture. This occurs only on patients who have weakened bones from such things as osteoporosis. Osteoporosis can be noted on your x-rays. We adjust all patients very carefully and especially those who have osteoporosis shown on their x-rays. These problems occur so rarely that there are no available statistics to quantify their probability.

**Soreness:** It is common for chiropractic adjustments, traction, massage therapy, exercise, etc. to result in a temporary increase in soreness in the region being treated. This is nearly always a temporary symptom that occurs while your body is undergoing therapeutic change. It is not dangerous, but please do tell your doctor.

Chiropractic is a system of health care delivery, and therefore, as with any health care delivery system, we cannot promise a cure for any symptom, disease, or condition as a result of treatment in this clinic. We will always give you our best care, and if results are not acceptable, we will refer you to another provider who we feel will assist your situation.

If you have any questions on the above, please ask your doctor. When you have a full understanding, please sign and date below.

---

Patient's Name Printed

---

Today's Date

---

Patient's Signature

---

Parent or Guardian signature for Minor