

# TOTAL BODY WELLNESS

## Informed Consent to Chiropractic Treatment

Patient Name \_\_\_\_\_

Date \_\_\_\_\_

The primary treatment used by the Total Body Wellness Chiropractors is the spinal adjustment. We will use that procedure to treat you.

- **The nature of Chiropractic adjustment**

We will use our hands or a mechanical device upon your body in such a manner as to move your joints. That may cause an audible “pop” or “click”, much as you have experienced when you “crack” your knuckles. You may feel or sense movement.

- **The material risks inherent in Chiropractic adjustments.**

As with any health care procedure, there are certain complications which may arise during a chiropractic adjustment. Those complications include: fractures, disc injuries, dislocations, muscle strain, Horner’s syndrome, Diaphragmatic paralysis, cervical myelopathy and costovertebral strains and separations. Some types of manipulation of the neck have been associated with injuries to the arteries in the neck leading to or contributing to serious complication including stroke. Some patients will feel some stiffness and soreness following the first few days of treatment.

- **The probability of those risks occurring.**

Fractures are rare occurrences and generally result from some underlying weakness of the bone which we check for during the taking of your history and during the examination and x-ray. Stroke has been the subject of tremendous disagreement within and without the profession with one prominent authority saying that there is at most a one-in-a-million chance of such an outcome. Since even that risk should be avoided if possible, we employ tests in our examination which are designed to identify if you may be susceptible to that kind of injury. The other complications are also generally described as “rare”.

- **Ancillary Treatment**

In addition to chiropractic adjustments, we intend to use the following treatments.

- |   |                                     |   |
|---|-------------------------------------|---|
| <input type="checkbox"/> Cryotherapy                  | <input type="checkbox"/> Traction   | <input type="checkbox"/> Intersegmental Traction            |
| <input type="checkbox"/> Flexion-Distrraction Therapy | <input type="checkbox"/> Heat       | <input type="checkbox"/> Myofascial Release/Massage Therapy |
| <input type="checkbox"/> Vibratory Massage            | <input type="checkbox"/> Diathermy  | <input type="checkbox"/> Low Volt Therapy                   |
| <input type="checkbox"/> Microcurrent                 | <input type="checkbox"/> Ultrasound | <input type="checkbox"/> High Volt Galvanic                 |
| <input type="checkbox"/> Interferential               |                                     |   |

These treatments involve the following additional significant risks:

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Cryotherapy<br>Skin reactions   | <input type="checkbox"/> Traction<br>Aggravation of present condition   | <input type="checkbox"/> Intersegmental Traction<br>Aggravation of present condition   |
| <input type="checkbox"/> Flexion Distrraction Therapy<br>Aggravation of present condition          | <input type="checkbox"/> Heat<br>1 <sup>st</sup> & 2 <sup>nd</sup> degree burns                               | <input type="checkbox"/> Myofascial Release/Massage Therapy<br>Bruising, Release of emboli   |
| <input type="checkbox"/> Vibratory Massage (Thumper)<br>Deep Vein Thrombosis                       | <input type="checkbox"/> Diathermy<br>Burns, Spread of unknown<br>Infections or Cancer, Skin reactions        | <input type="checkbox"/> Low Volt Therapy<br>Burns, Electric shock, Skin Reactions, Cancer<br>Possible dissemination of unknown infection                  |
| <input type="checkbox"/> Microcurrent<br>Dizziness, Skin Irritation, Electrode<br>Burns, Headaches | <input type="checkbox"/> Ultrasound<br>Periosteal burns, Skin reactions<br>Dissemination of unknown infection | <input type="checkbox"/> High Volt Galvanic/Interferential<br>Electric shock, burns, skin reactions, Cancer<br>Possible dissemination of unknown infection |

- **The availability and nature of other treatment options.**

Other treatment options for your condition include:

- Self-administered, over-the-counter analgesics and rest

- Medical care with prescription drugs such as anti-inflammatory, muscle relaxants & painkillers
- Hospitalizations with traction
- Surgery
- **The material risks inherent in such options and the probability of such risks occurring include:**
  - Overuse of over-the-counter medications produces undesirable side-effects. If complete rest is impractical, premature return to work and household chores may aggravate the condition and extend the recovery time. The probability of such complications arising is dependent upon the patient's general health, severity of the patient's discomfort, his/her pain tolerance, and self-discipline in not abusing the medicine. Professional literature describes highly undesirable effects from long term use of over-the-counter medicines.
  - Prescription muscle relaxants and pain killers can produce undesirable side effects and patient dependence. The risk of such complications arising is dependent upon the patient's general health, severity of the patient's discomfort, his/her pain tolerance, self-discipline in not abusing the medicine, and proper professional supervision. Such medications generally entail very significant risks - some with rather high probabilities.
  - Hospitalization in conjunction with other care bears the additional risk of exposure to communicable disease, iatrogenic (doctor induced) mishap, and expense. The probability of iatrogenic mishap is remote, expense is certain, exposure to communicable disease is likely with adverse result from such exposure dependent upon unknown variables.
  - The risks inherent in surgery include adverse reactions to anesthesia, iatrogenic (doctor caused) mishap, all those of hospitalization and an extended convalescent period. The probability of those risks occurring varies according to many factors.
- **The risk and dangers attendant to remaining untreated**  
Remaining untreated allows the formation of adhesions and reduces mobility which sets up a pain reaction further reducing mobility. Over time this process may complicate treatment, making it more difficult and less effective the longer it is postponed. The probability that non-treatment will complicate a later rehabilitation is very high.
- **DO NOT SIGN Until You Have Read and Understand the Above.**

Please check the appropriate block and sign below.

I have read  or have had read to me  the above explanation of the chiropractic adjustment and related treatment. I have discussed it with the Chiropractor and have had my questions answered to my satisfaction. By signing below I state that I have weighed the risks involved in undergoing treatment and have myself decided that it is in my best interest (or said minor's interest) to undergo the treatment recommended. Having been informed of the risks, I hereby give my consent to Total Body Wellness, Staff Doctors, or Associates to perform the treatment and acknowledge that no guarantee or assurance as to the results that may be obtained from this treatment has been given to me.

Date \_\_\_\_\_

\_\_\_\_\_  
Patient Printed Name

\_\_\_\_\_  
Signature of Chiropractor

\_\_\_\_\_  
Signature of Patient

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature of Parent or Guardian  
(If a minor)