

# Chiropractic Works

Dr. J. Kenneth Cook

## Informed Consent to Chiropractic and Soft Tissue Care

There are inherent risks in any and all treatment delivered by any healthcare provider, ranging from taking a single aspirin to complicated brain surgery. Chiropractic is no exception. Although we take every precaution, there are indeed some slight risks to chiropractic adjustment. The risks to treatment are very minor, including but not limited to rib fracture (rare occurrence and generally resulting from underlying weakness of the bone), muscle and ligament sprains or strains (rare), injury to intervertebral discs, nerves or spinal cord (very rare), cerebrovascular injury or stroke (extremely remote, chances are one in a million to one in ten million). Since these risks should be avoided if at all possible, we employ a range of tests during our examination and x-ray process including a detailed history of the patient. A minority of patients may notice stiffness or soreness after treatment.

The nature of chiropractic treatment: The doctor may use his/her hands or a mechanical device in order to manipulate your joints. You may hear a "click or pop," similar to when a joint is "cracked," and you may feel movement of the joint. Various modes of manual/physical therapy, stretching, massage, therapeutic ultrasound, electric muscle stimulation, hot or cold packs, traction, and exercise may be utilized as well.

It is quite probable that delay of treatment will complicate the condition, and make future rehabilitation more difficult. Delay of treatment tends to allow formation of adhesions, scar tissue and other degenerative changes. These changes can further reduce skeletal mobility and include chronic pain cycles.

Other treatment options for your condition may include:

- Self administered over the counter analgesics. The risks of these medications include irritation to the stomach, liver, kidneys, and other side effects in a significant number of cases.
- Medical care with prescription drugs such as anti-inflammatories, muscle relaxants and painkillers. Risks of these drugs include numerous undesirable effects, usually more serious than those listed above. Patient drug dependence in a significant number of cases is common.
- Surgery. In conjunction with medical care adds the risks of adverse reaction to anesthesia (which includes death) as well as an extended out of work convalescent period in a significant number of cases.

I hereby request and consent to Chiropractic treatment and procedures, including but not limited to chiropractic adjustments, examinations, x-rays, and various modes of manual/physical therapy, stretching, massage, therapeutic ultrasound, electric muscle stimulation, hot or cold packs, traction, and exercise.

I do not expect the doctor to be able to anticipate and explain all risks and complications. I wish to rely on the doctor to exercise judgment during the course of the procedure, which the doctor feels, based upon the facts known, are in my best interest. Chiropractic treatment, including spinal manipulation, according to government reports and multi-disciplinary studies conducted over many years, have been demonstrated to be a highly effective treatment for back pain and musculoskeletal pain.

I acknowledge that I have discussed, or had the opportunity to discuss, with either the doctor or staff, the risks and benefits of undergoing treatment; I have freely decided to undergo treatment, and hereby give my full consent to treatment. I intend this consent to cover the entire course of treatment for my present condition and for any future condition(s) for which I seek treatment.

Patient Name \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Date \_\_\_\_\_  
(PLEASE PRINT)

Patient Signature \_\_\_\_\_ Relationship to Patient \_\_\_\_\_

Witness \_\_\_\_\_ Date \_\_\_\_\_