

Potomac Valley Chiropractic
Dr. Spiro Theodore
Informed Consent to Chiropractic Treatment

The Nature of chiropractic treatment: The doctor will use his hands or a mechanical device to move your joints. You may feel a “click” or “pop”, such as the noise when your knuckle is “cracked”, and you may feel movement of the joint. Various ancillary procedures, such as hot or cold packs, electric muscle stimulation, and massage, ultra sound or dry hydrotherapy may also be used.

Possible Risk: As with any health procedure, complications are possible following chiropractic manipulation. Complications could include fractures of bone, muscular strain, ligamentous sprain, dislocation of joints, or injury to intervertebral discs, nerves or spinal cords. 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 risk occurring: The risk 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 or tablet. The risk of cerebrovascular or stroke, has been estimated at 1 in 1,000,000 to 1 in 20,000,000, 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. Risk of these drugs includes a multiple 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 risk of adverse reaction to anesthesia, as well as an extended convalescent period in a significant number of cases.

Risk of remaining untreated: Delay of treatment allows formation of adhesion, scar tissue and other degenerative changes. The changes can further reduce skeletal mobility, and induce chronic pain cycles. It is quite probable that delay of treatment will complicate the condition and make future rehabilitation more difficult

Unusual Risks: I have had the following unusual risk of my case explained to me. I have read the explanation above chiropractic treatment. I have had the opportunity to have any questions answered to my satisfaction. I have fully evaluated the risks benefits of undergoing treatment. I have freely decided to undergo the recommended treatment and hereby give my full consent to treatment.

Printed Name

Signature

Date