

## CARSON TAHOE 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 problems associated with chiropractic health care before consenting to treatment. This is called "Informed Consent". Chiropractic adjustments are the moving of bones with the doctor's hands or with the use of machines. Frequently adjustments create a popping or a clicking sound/sensation in the area being treated. This is normal.

It is common for a chiropractic adjustment, traction, massage therapy or exercise to result in temporary soreness in the region being treated. This is nearly always a temporary symptom that occurs while your body is undergoing therapeutic changes. Please consult with your doctor if you are experiencing any of the above.

Soft tissue primarily refers to skin, muscles and ligaments. Muscles function to move bones and ligaments limit joint movement. Rarely a chiropractic adjustment may tear some muscle or ligament fibers. The result is a temporary increase in pain and necessitates treatments for resolution, but there are no long term affects for the patient.

Some of the machines we use generate heat, we also may use ice. Everyone's skin has a different sensitivity to these modalities, and rarely either heat or ice can burn or irritate the skin. These problems occur so rarely that there are no available statistics to quantify their probability.

The ribs are found only in the thoracic spine or middle back. Rarely a chiropractic adjustment could crack a rib bone, and this is referred to as a fracture. This occurs on patients that have weakened bones from osteoporosis. Osteoporosis can be noted on your x-rays. We adjust all patients carefully, especially those with osteoporosis.

A disc herniation creates pressure on the spinal nerve or on the spinal cord. They are frequently successfully treated by chiropractors and chiropractic adjustments, traction, and so forth. This includes both the neck and back. Yet, occasionally chiropractic treatment will aggravate the problem and rarely surgery may become necessary for correction.

Stroke is the most serious problem associated with chiropractic adjustments. In very rare incidences, chiropractic adjustments have been associated with strokes that arise from the vertebral artery only; this is because the vertebral artery is actually found in the neck vertebrae. The adjustment that is most commonly related to vertebral artery stroke is called the "extension-rotation-thrust atlas adjustment." **We do not do this type of adjustment on our patients.** A study estimates that an incident of this type of stroke is 1 per every 3,000,000 upper neck adjustments. This means that the average chiropractor would have to be in practice for hundreds of years before they would statistically be associated with a single patient stroke. (Journal of the CCA, Vol. 37 Nov. 2, 1993)

There may be other problems or complications that might arise from chiropractic treatment other than those noted above. These other problems or complications occur so rarely that it is not possible to anticipate and/or explain them all in advance treatment. Chiropractic is a system of health care delivery and therefore as with any health delivery system we cannot promise a cure for every 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 the above, please ask your doctor. When you have a full understanding, please sign and date below.

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Patients name printed

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Patients Signature

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Date