

Gooing Chiropractic Clinic

Informed Consent For Chiropractic Examination and Treatment

As required by the State of California Board of Chiropractic Examiners

As a doctor of chiropractic, we use the most current standard of care procedures and tests to examine you. We also use alternative techniques such as applied kinesiology, manual muscle testing, quantum reflex analysis, neuroemotional technique, the Erchonia cold laser, meridian point testing, EMR/EMF toxicity testing, metal toxicity testing, spinal subluxation trauma testing, futrex body composition and stress testing, rehab exercise testing, x-ray examinations and muscle stress testing.

We will seek further diagnostic testing, second opinions or refer you to your primary care physician when appropriate based upon your history, consultation, examination findings and/ or as a result of your treatment program results.

Chiropractic care also involves spinal trauma correction by manipulation and adjustment of the spinal vertebrae and other joints and segments of the body

A chiropractic adjustment involves the application of a quick, precise force directed over a very short distance to a specific vertebra or bone. There are a number of different techniques that may be used to deliver the adjustment, based upon your examination findings. Adjustments are performed by hand or with specifically designed equipment that is a hand-guided instrument with variable forces that can be adjusted to the needs of each individual patient. In addition to adjustments, other treatments used by chiropractors include physical therapy modalities (heat, ice, cold laser therapy, soft-tissue manipulation), nutritional recommendations, rehabilitative procedures and spinal decompression

Chiropractic treatments are one of the safest interventions available to the public demonstrated through various clinical trials and indirectly reflected by the low malpractice insurance paid by chiropractors. While there are risks involved with any therapy or treatment, these are seldom great enough to contradict care. Please review the risk factor questionnaire for your evaluation of contraindications for care and or the necessity for further medical or diagnostic testing

EXPECT RETRACING Symptoms! Your body is changing as we facilitate care. Don't be surprised if you feel worse before you feel better. "Retracing" is the course of restoration from disease back to health. When your body retraces, it passes back through successive steps **in reverse order** that it passed through in getting worse. Your new symptoms can indicate you are getting better. They are part of the healing process. It is important to communicate with the Doctor using the "Present Complaint Form" so he can judge if it is retracting or a new trauma. Use the medibody bath to help relieve retracing symptoms. (Herring's Law)

If you have a history of regular prescription medicine usage, you may also experience detoxification symptoms after treatment with the Erchonia laser. This is a healthy response as the laser speeds up the natural detoxification and retracing of the body. Again, report it to the Doctor and use the medibath for relief. (Herxheimer Reaction)

Listed below are summaries of both common and rare side-effects/complications associated with chiropractic care:

Common^{1,2}

- Reactions most commonly reported are local soreness/discomfort (53%), headaches (12%), tiredness (11%), radiating discomfort (10%), dizziness, the vast majority of which resolve within 48 hours

Rare^{3,4}

- Fractures or joint injuries in isolated cases with underlying physical defects, deformities or pathologies
- Physiotherapy burns due to some therapies
- Disc herniations
- Cauda Equine syndrome⁽²⁾ (1 case per 100 million adjustments)

- Compromise of the vertebrobasilar artery (i.e. stroke) (range: 1 case per 400,000 to 1 million cervical spine adjustments [manipulations]). This associated risk is also found with consulting a medical doctor for patients under the age of 45 and is higher for those older than 45 when seeing a medical doctor.

Please indicate to your doctor if you have headache or neck pain that is the worst you have ever felt ⁽³⁾

I understand that there are beneficial effects associated with these treatment procedures depending upon my symptoms and diagnosis by the doctor. I also understand that my condition, based upon my symptoms and diagnosis, may not respond and or may progressively degenerate and a referral may be necessary for a second opinion.

Reasonable alternatives to these procedures have been explained to me including prescriptions medications, over-the-counter medications, possible surgery, and non-treatment. Listed below are summaries of concern with the associated alternative procedures.

- Long-term use or overuse of medication carries some risk of dependency with the use of pain medication the risk of gastrointestinal bleeding among other risks
- Surgical risks may include unsuccessful outcome, complications such as infection, pain, reactions to anesthesia, and prolonged recovery⁷.
- Potential risks of refusing or neglecting care may result in increased pain, restricted motion, increased inflammation, and worsening of my condition⁶.

PLEASE DO NOT SIGN THIS FORM UNTIL AFTER YOUR DOCTOR HAS REVIEWED YOUR TREATMENT PLAN WITH YOU.

I have read the previous information regarding risks of chiropractic care and my Doctor has verbally explained my risks, if any, to me and suggested alternatives when those risks exist. I understand the purpose of my care and have been given an explanation of the treatment, the frequency of care, and alternatives to this care. All of my questions have been answered to my satisfaction. I agree to this plan of care understanding any perceived risks and alternatives to this care.

Patient or Guardian Name _____

Patient or Guardian Signature _____ Date _____

Assistant Signature _____ Date _____

Doctor's Signature _____ Date _____

1. Thiel HW, Bolton JE, Docherty S, Portlock JC, Safety of chiropractic manipulation of the cervical spine: a prospective national survey. *Spine*. Oct 1 2007;32(21);2375-2378;discussion 2379.
2. Rubinstein SM, Leboeuf-Yde C, Knol DL, de Koekkoek TE, Pfeifle CE, van Tulder MW. The benefits outweigh the risks for patients undergoing chiropractic care for neck pain; a prospective, multicenter, cohort study. *J Manipulative Physiol Ther*. Jul-Aug2007;30(6);408-418.
3. Cassidy JD, Boyle E, Cote P, et al. Risk of vertebrobasilar stroke and chiropractic care; results of population-based case-control and case-crossover study. *Spine*. Feb 15 2008;33(4 Suppl);S176-183
4. Boyle E, Cote P, Grier AR, Cassidy JD. Examining vertebrobasilar artery stroke in two Canadian provinces. *Spine*. Feb 15 2008;33(4 Suppl):S170-175.
5. Carragee EJ, Hurwitz EL, Cheng I, et al. Treatment of neck pain: injections and surgical interventions; results of the Bone and Joint Decade 2000-2010 Task Force on Neck Pain and Its Associated Disorders. *Spine*. Feb 15 2008;33(4 Suppl):S153-169.
6. Carroll LJ, Hogg-Johnson S, van der Velde G, et al. Course and prognostic factors for neck pain in general population: results of the Bone and Joint Decade 2000-2010 Task Force on Neck Pain and Its Associated Disorders. *Spine*. Feb 15 2008;33(4 Suppl):S75-82