

# The all you need to know about the risks of Chiropractic and other treatments for common problems with your neck and back form.

This is one of those forms that we need to use because of all the terribly creative lawyers out there. You will be astonished to know that I care at least as much as you do about not hurting you. I give you my word that I will take every precaution to prevent any and every possible painful outcome of the treatment. I will talk with you before we do anything that I suspect you might have some discomfort. Bottom line is I want you to be happy with the care you receive here. So here is all the legal mumbo-jumbo:

## **The nature of the chiropractic adjustment.**

A primary treatment we use as a Doctors of Chiropractic is spinal manipulative therapy. We may use our hands or a mechanical instrument upon your body in such a way as to move your joints. That may cause an audible "pop" or "click" and you may feel a sense of movement. Various ancillary procedures, such as hot or cold packs, electric muscle stimulation, therapeutic ultrasound, or traction, as well as exercise instruction.

## **Stroke**

Stroke is the most serious problem associated with chiropractic adjustments. Stroke means that a portion of the brain does not receive enough oxygen from the blood stream. The results can be temporary or permanent dysfunction of the brain, with a very rare complication of death. Chiropractic adjustments have been associated with strokes that arise from the vertebral artery, this is because the vertebral artery is actually found inside the neck vertebrae. The adjustment that is related to vertebral artery stroke is called the "extension rotation-thrust atlas adjustment." We do not do this type of adjustment on patients. The most recent studies (Journal of the CCA, Vol. 37, No. 2, June, 1993) estimate that an average chiropractor would have to be in practice for hundreds of years before they would be statistically associated with a single patient stroke. Furthermore new research recently published study in Spine has confirmed how the risks of stroke associated with a chiropractic care are practically a non-issue. This landmark study found that patients are no more likely to suffer a stroke following a chiropractic neck treatment than they are after visiting their family doctor's office. (Cassidy JD, Boyle E, et al. Risk of Vertebrobasilar Stroke and Chiropractic Care: Results of a Population-Based Case-Controlled and Case-Crossover Study. Spine 2008 Feb. 15 33(4S) Supplement: S-76-S183.)

## **Fracture**

Rarely a chiropractic adjustment may cause a bone to break. This has the potential to occur in person's experiencing bone loss or osteoporosis. Every effort through history, examination, and x-rays will be utilized to determine the best type of adjustment for each individual patient. Again, these problems so rarely occur that there are no available statistics to quantify their probability.

## **Soreness**

Chiropractic adjustments and physical therapy procedures are sometimes accompanied by post treatment soreness.

This is a normal and acceptable accompanying response to chiropractic care, but we do everything we can to minimize this. While it is not generally dangerous, please advise your Doctor of Chiropractic if you experience soreness or discomfort.

## **Other treatment options that could be considered may include the following:**

**Over the counter analgesics:** The risks of these medications include irritation to stomach, liver, kidneys, and other side effects in a significant number of cases.

**Medical Care:** Typically anti-inflammatory drugs, tranquilizers, and analgesics. Risks of these drugs include numerous undesirable effects, usually more serious than those listed above, and the patient dependence in a significant number of cases.

**Surgery.** In conjunction with medical care adds the risks of adverse reaction to anesthesia (which includes death) as well as an extended convalescent period in a significant number of cases.

## **Risks of remaining untreated**

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

If you have any questions concerning the above, please ask your Doctor of Chiropractic. When you have full understanding and consent to have chiropractic care provided, please print your name and sign and date below.

I have read the above explanation of Chiropractic treatment. I also had the opportunity to ask questions and have them answered to my satisfaction. I have fully evaluated the risks and benefits of undergoing treatment, I have freely decided to undergo treatment, and hereby give my full consent to treatment.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Patient or Parent Printed Patient Name

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Printed Name of Patient or Patient's Parent

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