

# Informed Consent

Patient: \_\_\_\_\_ date \_\_\_\_\_

## Summit Chiropractic and Massage

Garry Pow DC

7302 NE 18th Street, Suite 102

Vancouver, WA 98661

360-750-7220

*Congratulations on choosing chiropractic. It is among the safest of all the healthcare professions.*

**The Nature of Chiropractic Treatment.** The primary treatment I use as a Doctor of Chiropractic is spinal manipulation (CMT). I may use my hands or a mechanical instrument to move your joints. That may cause an audible “pop” or “click,” much as you have experienced when you “crack” your knuckles. You may feel a sense of movement. Various additional procedures, such as hot or cold packs, intersegmental traction and massage may also be used.

**Material Risks Inherent in Chiropractic Treatment.** As with any healthcare procedure, there are certain complications which may arise during CMT. These complications include but are not limited to: fractures, disc and joint injuries, muscle strains, Horner’s Syndrome and cervical myelopathy. Studies have shown that any observed association between vertebral artery dissection (VAD) and stroke with cervical CMT is likely attributed to patients with an undiagnosed VAD who seek care for neck pain and headache before the onset of a stroke.(i) As a result we examine our patients thoroughly before initiating any treatment to be sure that treatment is appropriate. I will make every reasonable effort during the examination to screen for contraindications to care. Some patients may feel some stiffness and soreness following the first few days of treatment. The additional procedures could produce skin irritation, burns or minor soreness.

**Probability of Risks Occurring.** CMT is clearly one of the safest forms of treatment. Fractures are rare occurrences and generally result from existing underlying weakness of the bone which we screen for during the evaluation. The incidence of serious adverse events, stroke, or death is very rare.(ii) **Researchers found no evidence of excess risk of VBA stroke associated with chiropractic care compared to primary care.**(iii) The risk was as low as 1.46 adverse events per 10,000,000 manipulations.(iv) The risk of artery dissection was as low as 1 per 5,846,381 cervical manipulations.(v) To put this in perspective, the probability is similar to being hit by lightning, dying in a plane crash or having serious complications caused by a single normal dose of aspirin or Tylenol. The other complications listed are also described as rare.

**Spinal manipulation is safer than NSAID’s by a factor of several hundred.**(ix)

**Other Treatment Options.** Other treatment options for your condition may include:

\* Self-administered, over-the-counter analgesics.

\* Medical care with prescription drugs such as anti-inflammatory (NSAID), muscle relaxants and pain-killers

*Medications:* Some medications entail very significant risks - some with high probabilities. Medication can be used to reduce pain or inflammation. Long-term use or overuse of medication is always a cause for concern. Drugs may mask pathology, produce inadequate or short-term relief, undesirable side-effects, physical or psychological dependence, and may have to be continued indefinitely. NSAIDS kill approximately 16,500 annually in the US.(vi) Tylenol toxicity is the leading cause of liver failure in the US.(vii,viii)

\*Hospitalization/Surgery - Risk of exposure to communicable disease, iatrogenic mishaps and expense. Surgical risks may include unsuccessful outcome, complications, pain or reaction to anesthesia, and prolonged recovery.

*If you chose to use one of the above noted “other treatment” options, you should be aware that there are risks and benefits to each and you may wish to further discuss details of these with your primary medical physician.*

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**Risks of Remaining Untreated.** Remaining untreated may allow the formation of adhesions, reduce mobility and increase degenerative changes which may set up a pain reaction further reducing mobility. Over time this process may complicate treatment making it more difficult and less effective the longer it is postponed. The probability that non treatment will complicate a later rehabilitation is very high.(x-xv)

## TREATMENT RESULTS

I understand that there are beneficial effects associated with these treatment procedures including decreased pain, improved mobility and function with an improved quality of life. However, I appreciate there is no certainty that I will achieve these benefits. No guarantee has been made to me regarding the outcome of these procedures.

Questions and/or concerns:

**DO NOT SIGN UNTIL YOU HAVE READ AND UNDERSTAND THE ABOVE.**

PLEASE CHECK THE APPROPRIATE BLOCK AND SIGN BELOW

I have read [ ] or have had read to me [ ] the above explanation of the chiropractic adjustment and related treatment, alternatives and possible outcomes. I have discussed it with the doctor and have had my questions answered to my satisfaction. By signing below I state that I have weighed the risks involved in undergoing treatment and have decided that it is in my best interest to undergo the recommended chiropractic care. Having been informed of the risks, I hereby give my consent to that treatment.

Dated: \_\_\_\_\_

Patient's Name \_\_\_\_\_

Patient's Signature \_\_\_\_\_

Signature of Parent or Guardian (if a minor) \_\_\_\_\_

Dated: \_\_\_\_\_

Doctor's Name \_\_\_\_\_ Signature \_\_\_\_\_