

# ***Bosquez Chiropractic and Wellness Center***

**remove obstacles - restore function - improve performance - maximize potential Informed Consent**

The primary treatment used by doctors of Chiropractic is the spinal adjustment. The doctor of Bosquez Chiropractic and Wellness Center will primarily use that procedure to treat you.

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

The doctor of Bosquez Chiropractic & Wellness Center will use his hands or a mechanical device upon your body in such a way as 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 or sense movement.

- **The material risks inherent in chiropractic adjustment.**

As with any health care procedure, there are certain complications which may arise during a chiropractic adjustment. Those complications include: fractures, disc injuries, dislocations, muscle strain, nerve injuries, cervical myelopathy, and costovertebral strains and separations. Some types of manipulation of the neck have been associated with injuries to the arteries in the neck leading to or contributing to serious complications including stroke. Some patients will feel some stiffness and soreness following the first few days of treatment.

- **The probability of those risks occurring.**

Fractures are rare occurrences and generally result from some underlying weakness of the bone which we check for during taking of your history and during examination of x-rays. Stroke has been the subject of tremendous disagreement within and outside the profession with one prominent authority (Scott Haideman, D.C., M.D., Ph.D.) saying that there is at most a one-in-a million chance of such outcome. Since even that risk should be avoided, if possible, we employ tests in our examination which are designed to identify if you may be susceptible to that kind of injury. The other complications are also generally described as “rare”.

- **Ancillary treatments.**

In addition to chiropractic adjustments, the doctor of Bosquez Chiropractic & Wellness Center may chose to use physiotherapy to aid your body in health. Physiotherapy may include hot/cold packs, high/low frequency current, diathermy, ultrasound, electric muscle stimulation, interferential, massage, vibration, and/or traction. These treatments, if used, do not involve any additional significant risks.

- **The availability, nature, risk of other possible treatment options.**

Overuse of over-the-counter medications produces undesirable side-effects. If complete rest is impractical, premature return to work and household chores may aggravate the condition and extend the recovery time. The probability of such complications arising is dependent upon the patient’s general health, severity of patient’s discomfort, the patient’s pain tolerance and self-discipline is not abusing the medicine. Professional literature describes highly undesirable effects from long term use of the over-the-counter medicines.

Prescription muscle relaxants and pain-killers can produce undesirable side effects and patient dependence. The risk of such complications arising is dependent upon the patient’s general health, severity of the patient’s discomfort, the patient’s pain tolerance; self-discipline is not abusing medicine and proper professional supervision. Such mediations generally entail very significant risks – some with rather high probabilities.

Hospitalization in conjunction with other care bears additional risk of exposure to communicable disease, iatrogenic (doctor induced) mishaps and expense. The probability of iatrogenic mishap is remote, expense is certain; exposure to communicable disease is likely with adverse result from such exposure dependent upon unknown variables.

The risks inherent in surgery includes adverse reaction to anesthesia, iatrogenic (doctor caused) mishap, all those of hospitalization and an extended convalescent period. The probability of those risks occurring varies according to many factors.

• **The risks and dangers attendant to remaining untreated.**

Remaining untreated allows the formation of adhesions and reduces mobility which sets 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.

I understand the above explanation of the chiropractic adjustment and related treatment. I have discussed it with Dr. Bosquez of Bosquez Chiropractic & Wellness Center, 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, myself, decided that it is in my best interest to undergo the treatment recommended. Having been informed of the risks, I hereby give my consent to treatment.

**Patient's Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Name of Patient/Guardian (if applicable)** \_\_\_\_\_

**Patient's Signature or Signature of Parent/Guardian** \_\_\_\_\_

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**Patient was assisted in the consent process by a family member:**

**Name** \_\_\_\_\_ **Relationship** \_\_\_\_\_

**Patient was assisted in the consent process by staff member:**

**Name** \_\_\_\_\_

**The patient did not have any questions concerning this document.** \_\_\_\_\_

**Doctor's/Staff Signature** \_\_\_\_\_ **Date** \_\_\_\_\_