



Integro Chiropractic
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INFORMED CONSENT TO CHIROPRACTIC AJUSTMENTS AND CARE

Dear Patient,

Every type of health care is associated with some risk of potential problem. This includes chiropractic health care. We want you to be informed about potential problems associated with chiropractic health care before consenting to treatment. This is known as informed consent.

Chiropractic adjustments are the moving of bones with the doctor's hands or with the use of a machine. Frequently adjustments create a "pop" or "click" sound/sensation in the area being treated.

In this office we use physical examination, physical therapy application, myofascial release, exercise instruction, etc.

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.

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: It is common for chiropractic adjustments, Active Release Technique (ART), Graston Technique, exercise, etc., to result in a temporary increase in soreness in the region being treated. This is nearly always a temporary symptom that occurs while your body is undergoing therapeutic change. It is not dangerous, but please tell your doctor about it.

Graston Technique may cause bruising and tenderness in the region that is being treated. If any of the techniques are too uncomfortable, I should bring it to the attention of the clinician so that the procedure can be modified.

Chiropractic is a system of health care delivery—therefore, as with any health delivery system, we cannot promise a cure for any 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.

I understand and am informed that, as in the practice of medicine, in the practice of chiropractic there are some risks to treatment, including but not limited to, fractures, strokes, and soreness. I do not expect the doctor to be able to anticipate and explain all risks and complications, and wish to rely on the doctor to exercise judgement during the course of the procedure which the doctor feels at the time, based upon the facts then known, is in my best interests.

I have read, or have had read to me, the above consent. I have also had an opportunity to ask questions about its content, and by signing below I agree to the above-named procedures. I intend this consent form to cover the entire course of treatment for my present condition and for future condition(s) for which I seek future treatment.

Patient's Name Printed Patient's Signature Date Signed

Print Name of Patient's Representative Signature of Patient's Representative Date Signed:

Treating Doctor: Lauren Elkind, DC: 45 Quail Court, Suite 110, Walnut Creek, CA 94596

Witness to Patient's signature: Date: