

INFORMED CONSENT

When a patient seeks chiropractic health care and we accept a patient for such care, it is essential for both to be working toward the same objective.

Adjustment: An adjustment is the specific application of forces to facilitate the body's correction of vertebral subluxation. Our chiropractic method of correction is by specific adjustments of the spine.

Health: A state of optimal physical, mental, and social well being, not merely the absence of disease or infirmity.

Vertebral subluxation: A misalignment of one or more of the 24 vertebra in the spinal column which causes alteration of nerve function and interference to the transmission of mental impulses, resulting in a lessening of the body's innate ability to express its maximum health potential. We do not offer to diagnose or treat any disease or condition other than vertebral subluxation. However, if during the course of a chiropractic spinal examination, we encounter non-chiropractic or unusual findings, we will advise you. If you desire advice, diagnosis or treatment for those findings, we will recommend that you seek the services of a health care provider who specializes in that area.

There are also potential associated side effects of the chiropractic adjustment, by signing below you acknowledge possible risks and give full informed consent of our chiropractic procedures. Possible associated side effects include: Soreness; a nearly always temporary symptom while your body undergoes therapeutic change. Soft tissue injury; rarely a chiropractic adjustment may injure muscle or ligament structures resulting in a temporary increase in pain. Disc Herniation; occasionally chiropractic adjustments may aggravate a herniated disc, yet this problem occurs so rarely that there are no available statistics to quantify their probability. Stroke; Vertebral Basilar Artery(VBA) stroke is a very rare event in the population (1 in 3 million neck adjustments- Journal of the CCA, Vol. 37 No. 2, June, 1993). The increased risks of VBA stroke are likely due to patients with headache and neck pain from a VBA dissection seeking care before their stroke. Recent research has found no evidence of excess risk of VBA stroke associated with chiropractic care compared to primary care. (Spine, Vol. 33 No. 45, 2008)

Regardless of what the disease is called, we do not offer to treat it. Nor do we offer advice regarding treatment prescribed by others. **OUR ONLY PRACTICE OBJECTIVE** is to eliminate a major interference to the expression of the body's innate wisdom. Our only method is specific adjusting to correct vertebral subluxations.

I, _____ have read and fully understand the
(PRINT NAME)
above statements.

All questions regarding the doctor's objectives pertaining to my care in this office have been answered to my complete satisfaction.

Health First Chiropractic

I thereby accept chiropractic care on this basis.

Patient's Signature

Date