

Informed Consent - Additional Information

Every type of health care is associated with some risk of a 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 called 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 trained staff personnel to assist the doctor with portions of your consultation, examination, x-ray taking, physical therapy application, 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 only; this is because the vertebral artery is actually inside the neck vertebrae. The adjustment that is related to the vertebral artery stroke is called the "extension-rotation-thrust atlas adjustment". **We do not do this type of adjustment on patients.** Other types of neck adjustments may also potentially be related to the vertebral artery strokes but no one is certain. Studies (Journal of the CCA, Vol. 37, No June 1993) estimate that an average chiropractor would have to be in practice for hundreds of years before they would statistically be associated with a single patient stroke.

•**Disc Herniations-** Disc herniations that create pressure on the spinal nerve or the spinal cord are frequently successfully treated by chiropractic treatments, traction, etc. This includes both in the neck and back. Yet, occasionally chiropractic treatment (adjustments, traction, etc.) will aggravate the problem and rarely surgery may become necessary for correction. Rarely chiropractic adjustments may also cause a disc problem if the disc is in a weakened condition. These problems occur so rarely that there are no available statistics to quantify their probability.

•**Soft Tissue Injury-** Soft tissues primarily refer to muscles and ligaments. Muscles move bones and ligaments limit joint movement. Rarely a chiropractic adjustment, traction, massage therapy, etc., may tear some muscle or ligament fibers. The result is a temporary increase in pain and necessary treatments of resolution, but there are no long term affects for the patient. These problems occur so rarely that there are no available statistics to quantify their probability.

•**Rib Fractures-** The ribs are found only in the thoracic spine or middle back. They extend from your back to your front chest area. Rarely a chiropractic adjustment will crack a rib bone; this is referred to as a fracture. This occurs on patients that have weakened bones from such things as osteoporosis. Osteoporosis can be noted on your x-rays. We adjust all patients very carefully, and especially those who have osteoporosis on their x-rays. These problems occur so rarely that there are no available statistics to quantify their probability.

•**Physical Therapy Burns-** Some of the machines we use generate heat. We also use both heat and ice, and recommend them for home care occasionally. Everyone's skin has different sensitivity to these modalities, and rarely, either heat or ice can burn or irritate the skin. The result is a temporary increase in skin pain, and there may even be some blistering of the skin. These problems occur so rarely that there are no available statistics to quantify their probability.

Informed Consent - Additional Information (cont.)

•**Soreness**- It is common for chiropractic adjustments, traction, massage therapy, exercises, 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 do tell the doctor about it.

•**Dislocation**- Dislocation is the displacement of a bone from a joint. Signs include loss of motion, temporary paralysis of the involved joint, pain and swelling and sometimes shock. Some dislocations, especially of the hip, are congenital usually resulting from a faulty construction of the joint.

•**Horners' Syndrome**- Horners' Syndrome is a pattern of symptoms occurring as a result of damage to the nerves in the cervical region of the spine. Signs include drooping eyelids, constricted pupils, and absence of facial sweating.

•**Cervical Myelopathy**- Cervical Myelopathy is a condition in which the spinal cord gets compressed in the neck. While this can occur as a result of a herniated disc alone, it is usually in combination with bone spurs in the spinal canal (cervical spondylosis) or a developmentally narrow spinal canal (spinal stenosis).

•**Costovertebral strain/separation**- Costovertebral(pertaining to a rib and a vertebra) strain is trauma to costovertebral joint causing pain and disability. Costovertebral separation is a disconnected costovertebral joint.

•**Diafragmatic Paralysis**- This is paralysis to the diaphragm. *Paralysis is the temporary suspension or permanent loss of function, especially loss of sensation or voluntary motion*