



INFORMED CONSENT

The primary treatment used by doctors of chiropractic is the spinal manipulation, sometimes called spinal adjustment.

The nature of the chiropractic adjustment. I will use my hands or a mechanical instrument 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 risks inherent in chiropractic adjustment. As with any healthcare procedure, there are certain complications, which may arise during chiropractic manipulation. Those complications include: fractures, disc injuries, dislocations, muscle strain, Horner's syndrome, diaphragmatic paralysis, 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 complications occurring. Fractures are rare occurrences and generally result from some underlying weakness of the bone, which we check for during the taking of your history and during examination and X-ray. Stroke has been the subject of tremendous disagreement within and without the profession with one prominent authority saying that there is at most a one-in-a-million chance of such an 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."

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

I have read or have had read to me the above explanation of the chiropractic adjustment and related treatment. I have discussed it with Dr. Justin Trosclair 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 that treatment.

DATE _____

Printed Name

Signature of Parent or Guardian (if a minor)

Signature

Informed Consent to X-Rays In order to correctly evaluate, diagnose and treat my condition, x-rays may be needed. X-Rays expose the patient to radiation, similar to the amount of radiation on a TransAtlantic flight. Repeated exposure to radiation has been correlated to increase cancer risk. I grant permission to perform x-rays, if needed, and assume all risks and responsibilities from an x-ray procedure.

Pregnancy Release: The radiation in x-rays may be harmful to an unborn child/developing fetus. I understand that there are risks involved in exposing an unborn child to radiation and assume all responsibility for receiving an xray procedure. By my signature below, I certify that I am not pregnant at the time of this x-ray procedure.

Printed Name

Signature of Patient

Date

Pacemaker Release I hereby certify that I do not have a Pacemaker or Defibrillator of any kind in or on my body. I understand that if I do have one of these devices in or on my body, I will let the doctor know and my treatment may be slightly altered as a result.

Printed Name

Signature of Patient

Date

WITNESS

Printed Name

Signature



Therapy Consent

Electrical stimulation: Electrical stimulation may cause burns or general irritation on your skin if the device is left on your body for extended periods of time. Using electrical muscle stimulation devices may cause bruising. It may also deliver a shock significant enough to produce discomfort and pain, and informing the staff of Performance Chiropractic regarding your comfort level is your responsibility. The involuntary contraction of your muscles in response to the shock may create a tingling or prickly sensation. Pacemaker function can be disrupted if you use an electrical muscle stimulation device anywhere on your body. Pacemakers are extremely sensitive pieces of equipment that send minute shocks to the heart to maintain rhythm. The electrical pulse from your stimulator will alter the electrical signals from the pacemaker, possibly ruining the device. Do not use electrical stimulation if you have a pacemaker. You must inform Performance Chiropractic if you have a pacemaker prior to utilizing any electrical stimulation therapies.

Kinesio Tape: Some patients may experience sensitivity or an allergic reaction to the glue on the tape. Remove the tape should any problems develop. Mild itching can be a sign of increased blood flow, and should not be mistaken for an allergic reaction. You must consult the staff of Performance Chiropractic if you have any concerns about any reactions you may have to the kinesio tape.

Spinal Decompression: If you are pregnant, spinal decompression is contraindicated. If you are pregnant or think you may become pregnant, you must inform Performance Chiropractic prior to engaging in this or any other therapy. You should not utilize spinal decompression if you have spinal fusions with any hardware (plates, screws, etc). You should not utilize spinal decompression if you have cancer. If you have osteoporosis, low bone density or brittle bones, spinal decompression could cause injury, and you must inform the staff of Performance Chiropractic prior to beginning any treatments. If you have any of the above mentioned conditions, you must inform Performance Chiropractic. After treatment you may feel sore in the area stretched. There is the potential for increased nerve or disc pain after a spinal decompression treatment. You must inform the staff of Performance Chiropractic if you experience any discomfort post treatment.

Intersegmental Traction: Intersegmental traction can cause muscle soreness. If you feel any pain or discomfort, you must notify Performance Chiropractic immediately.

Posture Pump: Headaches and vertigo can occur with the use of the neck posture pump. If you are prone to vertigo, a modified procedure is available. Use of the posture pump is at your own risk, and you agree to follow the instructions given by Dr. Trosclair regarding the use of the neck posture pump. Keep the pump as close to the top of your shoulders as possible, and do not pump more than 2-3 pumps. Stop immediately if you experience any pain or discomfort. Use of the lumbar posture pump may cause back soreness. If you have numbness, shooting pain or sciatica pains that travel into your legs, you must inform Performance Chiropractic prior to use and utilize a modified procedure.

Cold Laser: Cold laser can cause a slight warming effect where it is placed on the body. All lasers have a potential to cause blindness if you stare at the laser light. Performance Chiropractic utilizes a Class II laser for cold laser treatments. Do not stare at the laser. You must also wear the green glasses, which will be provided to you, during the treatment to protect your eyes. If pregnant, have cancer, fever or a pacemaker you should not have cold laser. Persons on steroids, anti-inflammatory medicines, anticoagulants, photosensitive patients, and tattoos should inform the doctor prior to use for special considerations.

Myofascial Release: Myofascial release is a hands-on technique that uses a beveled edge tool to repeatedly glide over tight sore muscles, resulting in eventual release and decreased pain at the treatment site. During the treatment, there will be an uncomfortable sensation due to the pressure of the tool gliding over the tightened muscles. A bruise will typically develop after treatment. A modified technique can be utilized to decrease bruising if this is a concern.

Exercises/Stretches: Stretches and exercises should be performed as described and demonstrated. If you have any questions or concerns regarding the exercises/stretches you have been assigned, or if you are unsure if you are performing the exercises effectively, you must consult Dr. Trosclair. Muscle soreness can occur from stretching and exercising. Inform the doctor immediately if you experience any sharp or tingling sensations or if you feel you may have injured yourself.

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