

## Informed Consent for Chiropractic Treatment

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The State of New Mexico requires that every patient be informed of the risks of, and the alternatives to, treatment prior to beginning said treatment. The following is Dr. Kristin Rabai's informed consent. We intend this consent form to cover the entire course of treatment for your present condition, and for any future conditions for which you seek treatment at this office.

**The nature of Chiropractic treatment:** The doctor will use her hands or a mechanical device in order to adjust your joints. You may hear a "click" or "pop", similar to when a joint is "cracked", and you may feel movement of the joint. Various ancillary procedures, such as hot or cold packs, electric muscle stimulation, therapeutic ultrasound, massage, or traction, as well as exercise/nutritional instruction may be employed.

**Possible risks and probability:** There are inherent risks in any and all treatment delivered by any health care provider, ranging from administering a single aspirin to complicated brain surgery. Chiropractic is no exception. Although we take every precaution, there are indeed some slight risks to chiropractic treatment. The risk is very minor to almost nonexistent in any treatment of extremities. The risks involved in treatment of the spine (excluding the neck) increase. A list from the least to most serious would include: muscular strain (rare), ligamentous sprain (rare), and injury to intervertebral discs, nerves or spinal cord (very rare). The risks involved in the treatment of the neck would include any of the preceding risks, but also include the remote possibility of cerebrovascular injury, or stroke (very, very rare – chances are one in one million to one in ten million.) A minority of patients may notice stiffness or soreness after the first few days of treatment. The ancillary physical therapy procedures could produce skin irritation, burns, or other minor complications (rare). Other treatment options that could be considered may include the following: Over the counter analgesics. The risks of these medications include irritation to stomach, liver, kidneys, and other side effects in a significant number of cases.

**Medical Care:** Typically anti-inflammatory drugs, tranquilizers, and analgesics. Risks of the drugs include numerous undesirable side effects, usually more serious than those listed above, and the patient dependence increases in a significant number of cases. Surgery, in conjunction with medical care, adds the risks of adverse reaction to anesthesia (which includes death) as well as an extended convalescent period in a significant number of cases.

**Risks of remaining untreated:** Delay of treatment allows formation of adhesions, scar tissue and other degenerative changes. These changes can further reduce skeletal mobility and include chronic pain cycles. It is quite probable that delay of treatment will complicate the condition and make future rehabilitation more difficult.

**Concerns or questions:** Dr. Rabai has gone to great lengths to make your health and safety our top priority. We will be glad to explain any concern about treatment.

I have read the above explanation of Chiropractic treatment. I also had the opportunity to ask questions and have them answered to my satisfaction. I have fully evaluated the risks and benefits of undergoing treatment, I have feely decided to undergo treatment, and hereby give my full consent to treatment.

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Signature of patient or Guardian

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Date

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Print Patient Name