

Informed Consent Document

Please read this entire document prior to signing it.

It is important that you understand the information contained in this document.

Please ask questions before you sign if there is anything that is unclear.



The nature of the chiropractic adjustment-The primary treatment that I use, as a Doctor of Chiropractic, is spinal manipulative therapy. I will use that procedure to treat you. I may use my hands, a special table, therapy tools, 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 or may not feel a sense of movement.

Analysis, Examination, and Treatment-As part of the analysis, examination, and treatment, you are consenting to the following: Spinal/extremity manipulative therapy, range of motion testing, muscle strength testing, palpation, orthopedic testing, postural analysis, vital signs, basic neurology, hot/cold therapy, EMS/Tens therapy, rehabilitation, radiographic studies, and any other protocol that may be deemed fit for your case by the doctor.

The material risks inherent in chiropractic adjustment-As with any healthcare procedure, there are certain complications which may arise during chiropractic manipulation and therapy. These complications include but are not limited to: fractures, disc injuries, dislocation, muscle strain, cervical myelopathy, costovertebral strains and separations, and burns. Some types of manipulations of the neck have been associated with injuries to the arteries in the neck leading to or contributing to serious complications including stroke. To the best of my knowledge I have never had a patient suffer with any complications from treatment. I will make every reasonable effort during the examination to screen for contraindications to care; however, if you have a condition that would otherwise not come to my attention, it is your responsibility to inform me. If treatment is not showing success within a reasonable amount of time for your case then other further recommendations shall be made.

The probability of those risks occurring-Fractures are rare occurrences and generally result from some underlying weakness of the bone which I check for during the taking of your history, examination, radiographic views, and further evaluation of the radiographs from Spinal Imaging, a diagnostic over read group. Stroke has been the subject of tremendous disagreement. The incidences of stroke are exceedingly rare and are estimated to occur between one in one million and one in five million cervical adjustments. You may be at risk just by driving a car, getting your hair washed, sleeping with multiple pillows, and playing sports. We take great strides to protect our clients and their safety.

The availability and nature of other treatment options-Other treatment options for your condition may include, but are not limited to

- Self administered, over the counter analgesics and rest
- Massage Therapy and Rehabilitation Therapy
- Medical care and prescription drugs such as anti-inflammatory, muscle relaxants and pain-killers
- Pain Management referral
- MRI or CT Scan referral
- Hospitalization and Surgery

If you choose to use one of the above noted other treatment options, you should be aware that there are risks and benefits of such options. You may wish to discuss these with your primary medical physician.

Possible side effects of massage therapy-The Life Line team includes massage therapists that specialize in various modalities. Massage is intended to enhance relaxation, reduce pain caused by muscle tension, increase range of motion, improve circulation, improve body awareness and offer a positive experience of touch. Massage has a multitude of benefits but there are also some possible side effects. Soreness, nausea, fatigue, bruising, a drop in blood pressure and blood sugar may occur during and after a massage. Massage cupping, a modality that we offer in the office, may leave marks referred to as a “cup kiss.” Although it looks like a bruise, there is no pain associated with the mark and the mark fades after a few days. “Cup kisses” are not necessary for the treatment to be effective. Rather, they are a harmless side effect and occur more in some than others. Please notify your therapist if you experience any pain or discomfort during the session. Pressure and strokes may be adjusted to your level of comfort.

The risks and dangers of remaining untreated-Remaining untreated may allow the formation of adhesions and reduce mobility, which may set up a pain reaction further reducing mobility. Over time this process may complicate treatment, making it more difficult and less effective the longer it is postponed.

I have read (), or I have had this read to me (), along with verbal explanation of the treatment plan and options set forth by this clinic for my case. The above explanation of the chiropractic and related treatment has been discussed to me by Dr Tammy Costello, 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 decided that it is in my best interest to undergo treatment recommended. Having been informed of the risks, I hereby give my consent to treatment.

I fully accepted the terms of the informed consent. I have verbally approved this to the staff and the doctor.