**NOTE TO PATIENTS REGARDING CONSENT:**

We need your informed consent for the health care services we are to provide you. This means that we want you to understand the services we propose to provide, the cost involved, and what we do with the personal information we obtain about you.

The Canadian Chiropractic Protective Association has requested that all members use the following standardized consent form without changing it in any way. We would like to point out that only some of the items mentioned in this standardized form will apply to your care at Complete Care Physio

During your initial consultation, the doctor will clearly discuss with you a proposed treatment plan based on your condition and will explain which of the risk items in the consent form will apply to the type of care you will be receiving.

You will have an opportunity to discuss your proposed care and the consent form items with the doctor before you sign the form.

If you have any questions regarding this or any of our other policies prior to your appointment please do not hesitate to contact the office.

Sincerely,

Complete Care Physio

**COMPLETE CARE PHYSIO**

**CONSENT TO CHIROPRACTIC TREATMENT**

Dr. Rahim Batada.DC

It is important for you to consider the benefits, risks and alternatives to the treatment options offered by your chiropractor and to make an informed decision about proceeding with treatment.

Chiropractic treatment includes adjustment, manipulation and mobilization of the spine and other joints of the body, soft-tissue techniques such as massage, and other forms of therapy including, but not limited to, electrical or light therapy and exercise.

**Benefits**

Chiropractic treatment has been demonstrated to be effective for complaints of the neck, back and other areas of the body caused by nerves, muscles, joints and related tissues. Treatment by your chiropractor can relieve pain, including headache, altered sensation, muscle stiffness and spasm. It can also increase mobility, improve function, and reduce or eliminate the need for drugs or surgery.

**Risks: The risks associated with chiropractic treatment vary according to each patient's condition as well as the location and type of treatment.**

The risks include:

* **Temporary worsening of symptoms** - Usually, any increase in pre-existing symptoms of pain or stiffness will last only a few hours to a few days.
* **Skin irritation or burn** - Skin irritation or a burn may occur in association with the use of some types of electrical or light therapy. Skin irritation should resolve quickly. A burn may leave a permanent scar.
* **Sprain or strain** - Typically, a muscle or ligament sprain or strain will resolve itself within a few days or weeks with some rest, protection of the area affected and other minor care.
* **Rib Fracture** - While a rib fracture is painful and can limit your activity for a period of time, it will generally heal on its own over a period of several weeks without further treatment or surgical intervention.
* **Injury or aggravation of a disc** - Over the course of a lifetime, spinal discs may degenerate or become damaged.

A disc can degenerate with aging, while disc damage can occur with common daily activities such as bending or lifting. Patients who already have a degenerated or damaged disc may or may not have symptoms. They may not know they have a problem with a disc. They also may not know their disc condition is worsening because they only experience back or neck problems once in a while.

Chiropractic treatment should not damage a disc that is not already degenerated or damaged, but if there is a pre­existing disc condition, chiropractic treatment, like many common daily activities, may aggravate the disc condition.

The consequences of disc injury or aggravating a pre-existing disc condition will vary with each patient. In the most severe cases, patient symptoms may include impaired back or neck mobility, radiating pain and numbness into the legs or arms, impaired bowel or bladder function, or impaired leg or arm function. Surgery may be needed.

• **Stroke** - Blood flows to the brain through two sets of arteries passing through the neck. These arteries may become  
weakened and damaged, either over time through aging or disease, or as a result of injury. A blood clot may form  
in a damaged artery. All or part of the clot may break off and travel up the artery to the brain where it can interrupt  
blood flow and cause a stroke.

Many common activities of daily living involving ordinary neck movements have been associated with stroke resulting from damage to an artery in the neck, or a clot that already existed in the artery breaking off and travelling up to the brain.

Chiropractic treatment has also been associated with stroke. However, that association occurs very infrequently, and may be explained because an artery was already damaged and the patient was progressing toward a stroke when the patient consulted the chiropractor. Present medical and scientific evidence does not establish that chiropractic treatment causes either damage to an artery or stroke.

The consequences of stroke can be very serious, including significant impairment of vision, speech, balance and brain function, as well as paralysis or death.

**Alternatives**

Alternatives to chiropractic treatment may include consulting other health professionals. Your chiropractor may also prescribe rest without treatment, or exercise without treatment.

**Questions or Concerns**

You are encouraged to ask questions at any time regarding your assessment and treatment. Bring any concerns you have to the chiropractor's attention. If you are not comfortable, you may stop treatment at any time.

**Please be involved in and responsible for your care. Inform your chiropractor immediately of any change in your condition.**

**DO NOT SIGN THIS FORM UNTIL YOU MEET WITH THE CHIROPRACTOR**

**I** hereby acknowledge that I have discussed with the chiropractor the assessment of my condition and the treatment plan. I understand the nature of the treatment to be provided to me. I have considered the benefits and risks of treatment, as well as the alternatives to treatment. I hereby consent to chiropractic treatment as proposed to me.

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Name (Please Print)

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Signature of patient (or legal guardian)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:

Signature of Chiropractor

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:

Name of Chiropractor (Please Print)

Furthermore, the successful doctor-patient relationship is based on a commitment by both parties participating in the process of recovery. I understand that my healing response to the care provided in this clinic involves my full and honest participation. I acknowledge that I am committed to facilitate any lifestyle modifications that are in my best interest. I am aware that if I choose not to comply with the treatment and follow-up recommendations, I may adversely affect my health and not realize all of the possible benefits from care.

I have read the above consent information. I have also had an opportunity to ask questions about its content and by signing above, I agree to the above named procedures and guidelines. I commit myself to fully participating with my own care and recovery by developing a deeper understanding of how to best help myself, and will utilize the tools provided for me that can assist me in the recovery and healing process.