



# Consent for care & data collection

**There are many concerns about the safety of procedures we undergo routinely, the environment that we live in and the food that we consume to name but a few.**

The following aims to explain some of the risks and common physical responses to chiropractic care to address possible concerns and give you better understanding of your treatment.

## **RISKS**

As with any medical treatments, there are some risks involved. We must explain these so that you can make an informed decision about beginning or continuing your care. If you have any further worries or questions, please ask.

- Before care commences, you should inform us of any other any medications you are – or have been – taking. In particular, we need to know about any anti-coagulant (blood thinning) or steroid based medication.
- There is a risk of approximately 1 in 1,000,000 adjustments of permanent injury or death associated with manual manipulation or adjustments of the spine. To place this in perspective, the risk of death from gastric bleeding after taking aspirin or paracetamol is 3 in 1,000 or 7 in 1,000 of dying during surgery.
- There is a higher chance being hit a meteor or by lightening than experiencing permanent damage or dying from an adjustment.

## **TAILORED CARE**

We tailor your care to your specific health needs; adjustment techniques can be adapted to suit almost any person, age or condition. Please talk to us if you have any concerns now or feel discomfort when you visit us.

## **OPEN PLAN PRACTICE**

We prefer to practice in this style as working in a family friendly environment is a priority for our team. While we may need to see areas of your skin or body for clinical purposes it is not our policy to routinely undress you during appointments. It is our aim to respect your privacy and dignity at all times so a private room is available should it be required or requested for any reason.

## **EXPECTATIONS OF HEALING**

Approximately 50% of patients will experience some discomfort in the early stages of care due to the body settling down and adjusting to new mechanical patterns of movement. This is actually quite normal and we consider this a positive response to your adjustments.



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## **EXPECTATIONS OF HEALING, continued**

Discomfort is more common in the early stages of care and may vary with the severity of a condition and last from one to several days. The vast majority of cases diminish in two to three days.

One of the most important factors in recovering and maintaining your health through chiropractic is the regularity of your adjustments. Muscles, ligaments, tendons and joints take time to adjust to their new movement so you should make it a priority to follow your given schedule of care. Avoid rubbing, probing or poking the areas your chiropractor has adjusted as this can aggravate the problem and stir up any inflammation in the area.

Your chiropractor will advise on after-care and suggest any actions you need to take. We also recommend you read our EXPECTATIONS OF HEALING brochure online or ask for one at reception.

## **CONSENT FOR CARE AND DATA COLLECTION AT NATURALLY CHIROPRACTIC**

I ..... (full name)

give permission for Naturally Chiropractic to:

- Keep my records and treatment information on a database/computer system as per the practice privacy policy statement.
- To be contacted by email/SMS/telephone by Naturally Chiropractic staff only.
- To receive the Naturally Chiropractic monthly newsletter by email.  
My email address is: .....
- I give permission for the chiropractors at Naturally Chiropractic to conduct an examination and take a history to determine if Chiropractic care is right for my health goals.
- I give permission for treatment to commence after understanding my examination findings, recommended schedule and expected schedule of care.
- I understand that a missed appointment with less than 24 hrs notice may incur a fee.

Signature: ..... Date: .....