

PRIMARY CARE & CHIROPRACTIC CENTER
Dr. Chad R. Kesner, DC, DACBSP, CCCN, CEDP
Dr. Kimberly C. Kesner, DC, Dipl. Acup., CEDP
9299 South Broadway Suite 100
Highlands Ranch, CO 80129
303.683.3377

Dear Patient:

Every type of healthcare is associated with some risk of a potential problem. This includes chiropractic health care. We want you to be informed about the potential problems associated with chiropractic health care before consenting to treatment. This is called **informed consent**.

Chiropractic adjustments are the mobilization of joints with the doctor's hands or with the use of an instrument. Frequently, adjustments create a "pop" or "click" sound/sensation on the area being treated.

In this office we use trained staff personnel to assist the doctor with portions of your consultation, examination, x-rays, physical therapy applications, traction, massage therapy, exercise instruction, etc. Occasionally when your doctor is unavailable, another clinic doctor will treat you on that day.

The following is a list of possible complications that can arise from an adjustment:

STROKE: Stroke is the most serious problem associated with receiving an adjustment. Stroke means that a portion of the brain does not receive enough oxygen from the blood stream. The result can be a temporary or permanent dysfunction of the brain, and very rarely, death. Cervical (neck) adjustments have been associated with strokes that arise from the vertebral artery, this is because the vertebral artery is actually found inside the neck vertebrae. The type of adjustment that is related to vertebral artery stroke is called the "maximal extension-rotation" adjustment. We do not perform this adjustment on patients. Other types of neck adjustments may also be potentially be related to vertebral artery strokes, but no one is certain. The most recent studies (Journal of the CCA, Vol. 35 No. 2, June 1993) estimate that the incident of this type of stroke is 1 per every 3,000,000 upper neck adjustments. This means that an average chiropractor would have to be in practice for hundreds of years before they would statistically be associated with a single patient stroke.

DISC HERNIATION: Disc herniations that create pressure on the spinal nerve or on the spinal cord are frequently successfully treated by chiropractors and chiropractic adjustments, traction, etc. This includes both neck and back. Yet occasionally chiropractic treatment (adjustments, traction, etc.) Will aggravate the problem and rarely surgery may become necessary for correction. Chiropractic adjustments may also cause a disc problem if the disc is in a weakened condition. These problems occur so rarely that there are no available statistics to quantify their probability.

SOFT TISSUE INJURY: Soft tissues primarily refer to muscles and ligaments. Muscles move bones and ligaments limit joint movement. Rarely, adjustment, traction, massage therapy, etc., may tear some muscle or ligament fibers. The result is a temporary increase in pain and necessary treatments for resolution, but there are no long term affects for the patient. These problems occur so rarely that there are no available statistics to quantify their probability.

RIB FRACTURES: The ribs are found only in the thoracic spine or middle back. They extend from your back to your front chest area. Rarely an adjustment will crack a rib bone, this is referred to as a fracture. This occurs only on patients that have weakened bones from such things as osteoporosis on their x-rays. We adjust all patients very carefully, and especially those who have osteoporosis on their x-rays. These problems occur so rarely that there are no available statistics to quantify their probability.

PHYSICAL THERAPY BURNS: Some of the machines we use generate heat. We also use both heat and ice and recommend them for home care on occasion. Everyone's skin has different sensitivity to these modalities, and rarely, either heat or ice can burn or irritate the skin. The result is a temporary increase in skin pain, and there may even be some blistering of the skin. These problems occur so rarely that there are no available statistics to quantify their probability.

SORENESS: It is common for an adjustment, traction, massage therapy, exercise, etc. to result in a temporary increase in soreness in the region being treated. This is nearly always a temporary symptom while your body is undergoing therapeutic change. It is not dangerous, but please notify your doctor if it occurs.

OTHER PROBLEMS: There may be other problems or complications that might arise from chiropractic treatment other than those noted above. These problems or complications occur so rarely that it is not possible to anticipate and/or explain them all in advance of treatment.

ACUPUNCTURE: Patients will receive information regarding all methods of treatment used in acupuncture, which involves the insertion of fine needles at specific points in the body, manual manipulation of the needles and/or electrical stimulation or application of localized heat. In addition, recommendation of herbal supplements as related to the scope of practice of oriental medicine according to Federal Legislation may be used. Mild discomfort may be experienced, but this pain is unusual. Bruising at the acupuncture point is a possibility. Due to differences in human constitution and response, it is not possible to guarantee any specific effect resulting from the acupuncture treatment. This practice of acupuncture uses disposable needles only and complies with all regulations set forth by the NCCAOM and NCCA.

Chiropractic is a system of health care delivery, therefore, as with any health care delivery system we cannot promise a cure for any symptom, disease, or condition as a result of treatment in this clinic. We will always give you our best care, and if results are not acceptable, we will refer you to another provider who we feel will assist your situation.

If you have any questions on the above, please ask your doctor. When you have a full understanding, please sign and date below.

Patient's Name Printed

Today's Date

Patient's Signature

Parent or Guardian Signature