

**THE NEW YORK CHIROPRACTIC LIFE CENTER, PLLC**  
91 Central Park West, N.Y., N.Y., 10023  
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**INFORMED CONSENT TO RECEIVE CHIROPRACTIC CARE**

**The nature of chiropractic treatment:** The doctor will use his/her hands or a mechanical device in order to correct vertebral and extremity subluxations. You may feel a “click” or “pop”, such as the noise when a knuckle is “cracked,” and you may feel movement of the joint. Various professionally accepted ancillary procedures, such as hot or cold packs, therapeutic exercise, neuro-muscular re-education, manual therapy, therapeutic massage or traction may also be used.

**Possible risks:** As with any health care procedure, complications are possible following a chiropractic adjustment. Complications could include muscle strain, ligament sprain, dislocation of joints, bone fracture, or injury to intervertebral discs, nerves or spinal cord. In extremely rare cases, cerebrovascular injury, or stroke, could occur upon severe injuries to the arteries of the neck. A minority of patients may notice stiffness or soreness after the first few days of care. The ancillary procedures could produce minor complications.

**Probability of risks occurring:** The risk of complications due to chiropractic treatment have been described as “rare,” about as often as complications are seen from the taking of a single aspirin tablet. The risk of cerebrovascular injury, or stroke, has been estimated at one in one million to one in ten million. The probability of adverse reaction due to ancillary procedures is also considered “rare.”

**Other treatment options** in lieu of Chiropractic Care that could be considered may include the following:

- **Over the counter analgesics.** The risks of these medications include irritation to stomach, liver and kidneys, and other side effects in a significant number of cases.
- **Medical care,** typically anti-inflammatory drugs, tranquilizers and analgesics. Risks of these drugs include a multitude of undesirable side effects and patient dependence in a significant number of cases.
- **Hospitalization** in conjunction with medical care adds risk of exposure to virulent communicable disease in a significant number of cases.
- **Surgery** in conjunction with medical care will complicate the condition and make future correction and rehabilitation more difficult.

I have read the explanation above of chiropractic care. I have fully evaluated the risks and benefits of undergoing chiropractic treatment. I have had the opportunity to have all my questions answered to my satisfaction. I have freely decided and choose to undergo the recommended chiropractic care, and hereby give my full consent to care and treatment.

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Printed Name

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Signature

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Date