



Patient Consent Form

Thank you for choosing Arvada Sport & Spine Group. After an examination, we may recommend chiropractic care, physical therapy, and/or other modalities as part of your treatment plan. The purpose of this consent form is to help you understand the potential benefits and medically significant risks associated with the treatments we offer, so you can make informed decisions whether to give or withhold your consent to any particular treatment. We are unable to anticipate and explain all risks and complications that may be associated with chiropractic care, and physical therapy. The information below provides you with an overview of each type of treatment and informs you of potential benefits and medically significant risks known to us, but is not intended to be exhaustive. We encourage you to ask questions regarding any treatments that may be recommended to you.

Chiropractic:

The doctor of chiropractic evaluates the patient using standard examination and testing procedures. A chiropractic adjustment involves the application of quick force directed over a very short distance to a specific vertebra or bone. Adjustments are usually performed by hand but may also be performed by hand-guided instruments to improve mobility and function, and reduced muscle spasm. Chiropractic treatments generally are considered safe, but as with most types of health care, there are associated risks. The most commonly reported reactions include soreness and discomfort, headaches, tiredness, radiating discomfort, and dizziness, all of which usually disappear within 48 hours. Rare, but medically significant, risks associated with chiropractic care include, but are not limited to, fracture, joint dislocation, disc hernia or injury, increased symptoms of pain, or stroke. It is also possible that a patient will feel no improvement in symptoms of pain.

Physical Therapy:

The physical therapist evaluates the patient using standard examination and testing procedures. Physical therapy involves the manual application of specialized techniques to specific areas of the body to trigger a therapeutic response. Physical therapy almost always includes exercise, and can include stretching, core exercises, weight lifting, and walking. Your physical therapist also may use techniques such as heat, cold, water, ultrasound, and electrical stimulation. Beneficial effects associated with physical therapy include decreased pain, improved mobility, and increased flexibility and strength. Physical therapy generally is considered safe, but as with most types of health care, there are associated risks. The most commonly reported reactions include soreness, discomfort, and swelling as the body rehabilitates and recovers. Rare, but medically significant, risks associated with physical therapy include, but are not limited to, falls or accidents during physical therapy that can lead to further injury. It is also possible that a patient will feel no improvement in condition.

Trigger Point Dry Needling:

Trigger point dry needling (TDN) involves placing a small fusiform needle into the muscle at the trigger point in order to cause the muscle to contract and then release, improving the flexibility of the muscle and therefore decreasing the symptoms. TDN is a valuable treatment for musculoskeletal pain. Like any treatment there are possible complications. While these complications are rare in occurrence, they are real and must be considered prior to giving consent to treatment. Trigger point dry needling is not intended to stimulate any distal or auricular acupuncture points. Risks of the procedure: The most serious risk associated with TDN is accidental puncture of a lung (pneumothorax). If this were to occur, it may likely only require a chest x-ray and no further treatment. The symptoms of shortness of breath may last for several days to weeks. A more severe lung puncture can require hospitalization and re-inflation of the lung. This is a rare complication and in skilled hands should not be a concern. Other risks may include excessive bleeding (causing a bruise), infection and nerve injury. Bruising is a common occurrence and should not be a concern unless you are taking a blood thinner. As the needles are very small and do not have a cutting edge, the likelihood of significant tissue trauma from TDN is unlikely. Please consult with your practitioner if you have any questions regarding the treatment above. Dr. Andrew Welling has completed all 46 hours of training required by the Colorado Department of Regulatory Agencies.

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I acknowledge that I have read and fully understand this patient consent form, I have had the opportunity to have questions answered by the doctor of chiropractic, and/or physical therapist as applicable. Based on this information and discussion with my provider(s), I consent to the following treatment(s) I also understand that my consent is ongoing in the event that I choose not to accompany my child/minor to these events/sessions in the future. Consent may be revoked verbally or in writing at any time – **PLEASE INITIAL EACH TREATMENT TO WHICH YOU CONSENT:**

_____ Chiropractic _____ Physical Therapy _____ Trigger Point Dry Needling

Print Patient Name: _____ **Parent/Guardian** _____

Patient/Parent/Guardian Signature: _____ **Date:** _____