

WELCOME TO CUMMINGS CHIROPRACTIC OFFICE... The time we spend together on the first (and every) visit is very important. To assure that we have sufficient time to discuss you and your health, please take time to read this general information.

ABOUT YOUR TREATMENT

We encourage you to ask questions at any time - throughout your sessions. You live in your body – but I visit only occasionally. I use your input as a vital tool to analyze, diagnose and treat your condition. I rely on the information you give me. **A complete and correct health history is very important.**

You may have already noticed that we maintain an informal atmosphere in the office. Please be assured that we do not take you or your problems lightly. We take your health and our work very seriously. We just may not always act like it. Experience tells us that when you are comfortable and relaxed, your treatment is more effective and easier for both of us. We both win.

I am a “hands-on” chiropractor. During your treatment, I will be searching for joints that have moved out of their normal (neutral) position and have gotten “stuck.” The term for this condition is a “Subluxation.” When a joint is not functioning correctly it aggravates the structures around it (including the local nerve receptors and possibly the large nerve root), causing you pain or altered sensations (burning, tingling, etc). I use my hands to find the “stuck” joints and get them moving properly again. To do that, I do use some physical force on your body in the form of a very quick push or “thrust.” This is called a “Chiropractic Adjustment.” While there are many different ways to move a joint and relieve distress, the “adjustment” is (or should be) the primary form of treatment in a chiropractor’s office. Please be assured that I do not use my size to deliver the thrust. I use only the amount of force needed to get the job done.

I rely on your input to help me do my job. I will be “zeroing in” on the sore spots and I will be poking and prodding those areas. It may hurt a little... after all, those areas were sore before we started. Please be assured that I always take your discomfort into consideration. My hands can feel many things, but your pain is not one of them – tell me immediately if you become too uncomfortable. I depend on you to tell me if I ever cause more discomfort than you can tolerate.

There may be times that I will be working on muscles. I look for “knots” and then prod them deeply for about 5 seconds (but those few seconds may seem like a very long time). While muscle work can be uncomfortable, it is very effective in breaking down muscle spasms, thus easing your pain. Generally, your body language will tell me when I am leaving your comfort range but remember, you always have complete verbal control.

I will be talking with you as we go along today. I do not want you to have any surprises. I will explain what I am going to do before the first thrust in a new area. I am always very conservative with the initial thrusts as I work on a new or tender area. I would rather start too lightly and trust a second time than to be too rough the first time.

I often check all spinal areas as a matter of course (from the base of the skull through the pelvis.) If needed, I will also work on other joints in the body (shoulder, knee, Jaw, feet, etc).

As I adjust, you may hear joint noises (a “pop” or “crack”.) **DO NOT BE ALARMED!** This is a normal phenomena; it’s the same noise that you get when you “crack your knuckles.” Your bones are not breaking. Conversely, the absence of noise does not mean the adjustment did not work. The magic is not in the noise. The noise is irrelevant.

If you have a complaint or criticism, please let me know... I cannot correct a problem if I am unaware that it exists.

Stephen D. Cummings, D.C.

INFORMED CONSENT

PLEASE READ THE FOLLOWING INFORMATION CAREFULLY

IF YOU HAVE QUESTIONS, PLEASE DO NOT SIGN UNTIL DR. CUMMINGS HAS ANSWERED THEM FOR YOU.

There can be dangers associated with any treatment or procedure (surgery, dental work, etc). Historically, **Chiropractic is an extremely safe form of therapy.** But there can be mishaps in even the safest therapies. **This information is not meant to scare you, but to guarantee that you are fully informed** of the very rare possibility of problems occurring during a treatment.

In accepting you as a patient, I must be sure:

- a) the information you have given me both on paper and verbally is true and complete;**
- b) you have given me your “informed consent” to proceed.**

The following are considered to be the worst possibilities associate with Chiropractic treatment. They are more likely to happen to a geriatric patient because of the body’s degenerative progress. **They are still very rare in that age group.** The younger you are, the more rare these things become. If, in the course of our discussion of your history, I find that you have more-than-normal susceptibility to any of these things, we will discuss them in great detail. Remember, these things are extremely rare and are “worst-case scenario.” If I felt your treatment here would be dangerous to you, it would be scary for me. I may not accept your case if I feel the risk is too great, and will recommend alternative care.

BROKEN BONES:

It is possible that a bone could break as the result of a thrust. For this to occur, your bones would have to be extremely brittle, or I would have to be extremely rough; usually it takes both. The most likely candidate is an older lady with severe osteoporosis (and a recent history of easily broken bones.) The most likely bone to be affected would be a rib. **I have treated thousands of elderly osteoporotic patients with no problems.**

RUPTURED DISCS:

A disc is the spacer between our vertebrae. A herniated disc is a major pathology in which the central gel-like core of a disc migrates toward the rear, tearing disc fibers away from the bone, which causes a prominent bulge. It generally puts pressure on a nerve root or the spinal cord and causes major symptoms (severe pain does not necessarily mean a disc problem!) Any motion or pressure, including an adjustment, can cause the very outer fibers of the disc to tear, allowing the gel of the inner core to invade the spinal canal (referred to as a ruptured disc.) A ruptured disc is remedied by surgery. Generally, a severe herniation is also a surgical situation. A moderate or mild herniation is treatable with chiropractic care. I have never caused a herniated disc to rupture.

STROKE:

There have been **EXTREMELY RARE** documented cases in which a patient has suffered a stroke following a cervical (neck) manipulation. National organizations use the figure of a one-in-million chance of it happening. If there was something inherently dangerous in a neck adjustment delivered by a qualified chiropractor, the statistics would be one-in-fifty or one-in-five-hundred or one-in-five-thousand. I believe that he/she was predestined to have a stroke anyway; it just happened to be in a chiropractor’s office. **There are an estimated 750,000 strokes per year in the U.S. If people can have strokes sleeping, eating, walking or watching TV,** it only stands to reason that a person could have a stroke while in a chiropractor’s office. There are much higher odds (1 in 5600!) that you or I will die in an auto accident *THIS* year. **No patient has ever has a stroke in this office.** I am not aware that I’ve ever met a chiropractor that has had this experience.

I have been informed of the potential for possible risks involved in Chiropractic care, and wish to give my consent to be treated by Dr. Stephen D. Cummings, D.C. at Cummings Chiropractic Office, P.C. This not only applies to the initial treatment, but any subsequent treatment rendered in this office.

Signature _____ Date _____