



INFORMED CONSENT

Please take the time to attentively read this information. Should you have any questions, please do not hesitate to direct these to your chiropractor.

WHY INFORMED CONSENT?

Clinicians are required by law to gain a person's voluntary decision about health care that is made with knowledge and understanding of the benefits and risks involved.

Chiropractors, who will often use spinal manual therapies such as joint adjustment or manipulation, are required to inform patients of the benefits and risks associated with these and any additional treatments.

WHAT ARE MY CHIROPRACTORS QUALIFICATIONS?

Chiropractors are required to undergo at least 5 years of university study before graduating. This involves hours of theory and practical study, in addition to supervised internship.

For a Chiropractor to practice in New Zealand they must be registered under the Health Practitioners Competence Assurance Act 2003 (HPCA). Every clinician is regulated under this governing body in addition to the Chiropractic Board.

At Chiropractic HQ we take an evidence based approach to Chiropractic and health, utilising the most recent research and understanding. Our Chiropractors are required to perform hours of continued professional development as part of their registration to ensure that they are up to date with the latest research and best practice.

WHAT ARE THE BENEFITS OF CHIROPRACTIC?

Treatments that are performed within this clinic, including spinal adjustment, manipulation and/or mobilisation, have been subject to much research over the years.

Various studies have demonstrated Chiropractic to be appropriate and effective treatments for many common ailments such as neck pain, headaches and other similar symptoms.^{1,2}

WHAT ARE THE RISKS?

The risk of complication from Chiropractic treatment is often lower than the that associated with many medical and other treatments which are frequently used.⁴

In a minority of cases, Chiropractic treatment may not be successful, thereby leaving the patient and their condition in the same state.

While uncommon, some patients have experienced muscle or ligament sprains or strains of the ligaments or tendons, rib fractures, or disc injuries that may cause neurological symptoms in a limb following manual therapy.

There is a small association between chiropractic neck manipulation and cervical or vertebral artery injury. While reports of these incidents are very rare, such injury may cause stroke or stroke-like symptoms.¹ A systematic review and meta-analysis of the literature in 2016 raised questions whether there was any definitive evidence of the establishment of a causal link between chiropractic manipulation and cervical artery dissection.³

WHAT ABOUT CHILDREN?

Studies have shown Chiropractic treatment to be acceptably safe when applied to infants and children by a trained and qualified Chiropractor.^{5,6}

Treatment is different and lighter when used on children. We have had extra training and study when it comes to assessing and taking care of little ones.

WE TAKE A THOROUGH APPROACH

At Chiropractic HQ we don't guess when it comes to your health. We take a detailed history and perform a thorough examination involving orthopaedic, neurological, spinal, musculoskeletal and other tests. Sometimes we may even take or refer for X-rays if clinically necessary.

All of the information gathered allows us to better help you, but it also identifies anything that requires us to change our treatment approach in order to reduce any risks, or any issues that require referral to another health professional.

YOUR HEALTH, YOUR CHOICE — ALWAYS

Our Chiropractors are here to provide treatment and guidance within your personal requirements and preferences. They will always tailor their treatment technique to suit you while getting the best results possible.

They will never hesitate to refer you to other health and/or medical professionals should they believe that you require, or will benefit, from their evaluation and/or treatment.

Privacy Policy: We use your personal information for clinical reasons and to assist us in delivering the best chiropractic care possible. The information collected here will be securely stored in original paper format as well as electronically by our clinical software provider, Cloud Capable. When necessary, and with your permission, your clinical information may be shared with other health care providers and third party providers such as ACC, Work AON etc.

1. Bronfort G et al. Efficacy of spinal manipulation and mobilization for low back pain and neck pain: a systematic review and best evidence synthesis. *The Spine Journal* 4(3), 335-356.

2. Bryans R et al. Evidence-based guidelines for the chiropractic treatment of adults with headache. *J Manipulative Physiol Ther.* 2011 Jun;34(5):274-89.

3. Church E W, Sieg E P, Zalatimo O, et al. (February 16, 2016) Systematic Review and Meta-analysis of Chiropractic Care and Cervical Artery Dissection: No Evidence for Causation. *Cureus* 8(2): e498.

4. Dabbs V, Lauretti WJ. A risk assessment of cervical manipulation vs. NSAIDs for the treatment of neck pain. *J Manipulative Physiol Ther.* 1995 Oct;18(8):530-6.

5. Todd AJ, et al. Adverse Events Due to Chiropractic and Other Manual Therapies for Infants and Children: A Review of the Literature. *J Manipulative Physiol Ther.* 2015 Nov-Dec;38(9):699-712.

6. Todd AJ, Carroll MT, Mitchell EKL. Forces of Commonly Used Chiropractic Techniques for Children: A Review of the Literature. *J Manipulative Physiol Ther.* 2016 Jul-Aug;39(6):401-410.