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Informed Consent Information

There are many concerns about the safety of procedures we undergo routinely, the environment that we live in and the food that we consume to name but a few. I hope to explain some of the risks and common responses to chiropractic care so that your concerns may be eased and that you have a better understanding of the adjustments you will be receiving.

Most people will experience some level of discomfort in the early stages of care (please refer to the responses section of this leaflet). This is due to the body settling down and adjusting to new mechanical patterns of movement. It is actually quite a normal response during the initial stages of care.

If you are (or have been) taking any anti-coagulant (blood thinning) or steroid based medication then it is important to tell your chiropractor before care commences. It is also prudent to inform them of any other any other medication you may currently or have previously been taking.

There is a risk of approximately 1 in 1,000,000 adjustments of permanent injury or death associated with manual manipulation or adjustments of the spine. To place this in perspective, the risk of death from gastric bleeding when taking an aspirin or paracetamol for your aches and pains is 3 in 1000 or 7 in 1000 of dying during surgery. As I recently heard explained in another clinic – there is more chance of you walking out into the street and being hit a meteor or by lightning than experiencing permanent damage or dying from a manual manipulation or adjustment.

We must explain these risks to you so that you can make an informed decision about beginning or continuing your care. If you have any further worries or questions, please feel free to ask your chiropractor.

The adjustments and care you receive will be tailored to you and your specific health needs. If at any stage of care you are uncomfortable, have doubts or questions then please express them to your chiropractor. Our technique of adjustment can be adapted to suit almost any person, age or condition.

Naturally Chiropractic is an Open Plan practice. We prefer to practice in this style due to the number of children that we see. Working in a family friendly environment is a priority for our team. Should you have any questions or concerns about the open plan arrangement please feel free to discuss them with our staff or your chiropractor. It is our aim to respect your privacy and dignity at all times.

In our experience, your relaxation and comfort are greatly affected by your state of dress and while we may need to see areas of your skin or body for clinical purposes it is not our policy to routinely undress you for any appointment. Gowns are available for your use should they be required or requested for any reason.

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Responses in the return of your health

When undergoing Chiropractic adjustments to restore your spinal health, it is not unusual to experience varying degrees of discomfort. We consider this a positive response to your adjustments.

These types of responses occur more commonly in the early stages of care, and they may vary with the individual and the severity of their condition. They may last from one to several days. The vast majority of cases diminish in two to three days. Approximately 50% of patients may experience such a response in the return of their spinal health, so if you are among this group there is no cause for alarm.

When the spine is being adjusted to restore normal mobility and reduce nerve irritation, there is an element of physical change involving your bones, muscles, ligaments, nerves, blood vessels, connective tissue and cartilage. All of these tissues and structures must adapt to the new motion.

Realigning your spine is similar to straightening your teeth.

Both take time and patience, and may cause some discomfort.

Health returns in cycles.

It is quite normal, and indeed common for the return of your health to be an up and down process. There will be days when you feel very little change and other times when it seems like you are almost perfect – only to find your problem returns the next day. This is particularly so with long-standing problems. It is important you don't do too much during these good times, as your body function is still quite fragile. Try to be patient.

If you do have any questions or concerns, please discuss them with your practitioner.

One of the most important factors in recovering and maintaining your health through chiropractic is the regularity of your adjustments. The muscles, ligaments, tendons and joints take time to adjust to their new movement. You should make it a priority to follow your given schedule of care.

As much as you can, avoid rubbing, probing or poking the areas your chiropractor has adjusted. This can aggravate the problem and stir up any inflammation in the area. If you are achy following your adjustment, use ice on the area. Ice is a wonderful anti-inflammatory, and used correctly has virtually no side effects! A bag of frozen peas works wonders. Wrap in a tea-towel to avoid burning your skin, and place on the areas you have been adjusted. Leave for 10 minutes, remove for 10 minutes and reapply for another 10 minutes. This process can be repeated throughout the day as necessary. Please ask your chiropractor for further advice as to the use of heat and cold as appropriate to your individual problems.