

At Subiaco Chiropractic we use a structural corrective technique called Advanced Bio-structural Correction (ABC). An ABC treatment involves deep stretches of the meninges (the covering of your nerve system), called meningeal releases, and the adjustment of misaligned joints in the spine, ribs, pelvis, hips, knees, ankles and feet. Whilst some people find the meningeal releases somewhat challenging, most find the overall process quite comfortable, and care will always be taken to ensure the best outcome possible.

Chiropractic is recognised as being an effective and safe form of healing. In fact, due to the wonderful results, chiropractic is the largest drug-free health care profession in the world. As registered health professionals we want to inform you of the possible risks associated with chiropractic, as well as give you an awareness of some of the typical experiences with this type of treatment:

- **Temporary soreness** after treatment will occur in most people at some stage, particularly in the initial phase of their care. This is most often simply a reflection of change occurring in the body though infrequently it is a result of minor strains or sprains of the soft tissues (muscles, ligaments, discs etc) that readily resolve as treatment continues.
- Occasionally during or after an ABC adjustment you may feel a sensation that could be described as **fuzziness or wooziness**. Its occurrence is important information in directing your corrective process so always tell your chiropractor if you experience this.
- To improve mechanically, periodically your body will temporarily move into positions that result in an increase in symptoms, sometimes even after these symptoms had seemed to be resolved. This is called **forward unwinding** and will occur several times dependant on the amount of correction undertaken. Whilst forward unwinding can be uncomfortable, they are very important stages in your corrective process and are expected to occur in all people at some stage during their care.
- Universally, spinal manipulation has documented risks of: aggravating the presenting or underlying condition (rare); serious disc injury (very rare) and damage to neck blood vessels, which can arise in stroke or like symptoms (extremely rare).
- As with any form of health care, no guarantee of treatment success can be given. If we feel at any stage we cannot help you any further we will be sure to inform you.
- If you have a pathology like a **fracture, tumour, infection, diabetes** or the like, utmost consideration will be given to help diagnose these. This therapy is for bio-mechanical diagnosis and treatment, so further investigation may be recommended and is the responsibility of the patient to pursue this action.

*I acknowledge, I have discussed with my chiropractor the nature and purpose of chiropractic treatment in general and my treatment in particular (including spinal manipulation) as well as the contents of this consent. I consent to the chiropractic treatments offered or recommended to me by my chiropractor including spinal manipulation/adjustment. I intend this consent to apply to all my present and future chiropractic care however, I may revoke or qualify this consent at a later time.*

Date: / /

Patient's/ Guardian signature:

Patient's/ Guardian name:

Date: / /

Chiropractors signature:

Chiropractors name: