

The following document is an informed consent for the patient. This is to better help you understand the nature of the procedures and services that we offer. This is required by law in several states, and due to the amount of different techniques that we offer, it is several pages. By combining all the services you only have to do this once. Please take your time, read and understand the treatment approaches. If there is anything that you have a question on, we will be happy to further explain.

Dr. Horn

Chiropractic Informed Consent

The nature of the chiropractic adjustment.

Chiropractic Manipulative Therapy (CMT) may involve the use of hands, or mechanical devices to manipulate your joints. This office does spinal and extremity joints (elbows, knees, fingers etc.) if necessary. We use gentle approaches such as manual diversified, drop table, activator, and arthostim. You may experience an audible “pop or click”; you may feel or sense movement with CMT.

The material risks inherent in chiropractic adjustment.

As with any health care procedure, there are certain complications that may arise during a chiropractic adjustment. Those complications include but are not limited to, fractures, disc injuries, dislocations, muscle strain, diaphragmatic paralysis, cervical myelopathy and costovertebral strains and separations. Some types of manipulation of the neck have been associated with injuries to the arteries in the neck leading to or contributing to serious complications including stroke. Some patients will feel some stiffness and soreness following the first few days of treatments.

The probability of those risks occurring.

Fractures are rare occurrences and generally result from some underlying weakness of the bone, which we check for during the taking of your history and during examination. I am aware that nerve or brain damage including stroke is reported to occur once in one million to once in ten million treatments. Once in a million is about the same chance as getting hit by lightning. One in ten million is about the same chance as a normal dose of aspirin or Tylenol causing death.

Since even that risk should be avoided if possible, we employ tests in our examination that are designed to identify if you may be susceptible to that kind of injury. The other complications are also generally described as “rare”.

We may also use a variety of other treatments such as ultrasound, interferential, electric stim, manual myofascial release, active release, stretching, cold laser, heat, ice, physical therapy, and exercises. You may experience some soreness or bruising. Feel free to ask questions on any technique, and please inform us of any metal in your body, or pacemakers.

Treatment Results.

I also understand that there are beneficial effects associated with these treatment procedures including decreased pain, improved mobility and function, and reduced muscle spasm. However, I appreciate there is no certainty that I will achieve these benefits.

Alternative Treatments Available

I understand that other treatment approaches are available to me. Allopathic (main stream medical doctors) approaches such as drugs that may mask pathology, produce inadequate or short term relief, undesirable side-effects, physical or psychological dependence, and may have to be continued indefinitely. Some medications may involve serious risks. Surgery may be necessary for joint stability or serious disk rupture. Surgical risks may include unsuccessful outcome, complications, pain, and reaction to anesthesia, prolonged recovery, infection or death. No treatment, such as refusing or neglecting care may include increases in pain, scar / adhesion formation, restricted motion, possible nerve damage, increased inflammation and worsening pathology. This may complicate treatment making future recovery and rehabilitation more difficult and lengthy. I understand that currently many sources put allopathic treatments as the number one or number three leading cause of death in the United States.

Please **initial** that you have read the above. _____

Acupuncture Informed Consent

What is acupuncture ?

Acupuncture is a health science used to treat pain and dysfunction in the body. Most authorities place the science of acupuncture at 5,000 to 7,000 years old. Early Chinese physicians discovered an energy network, just below the surface of the skin that communicates from the exterior to internal structures. These lines of energy are called meridians and specific points are called acupoints.

Is acupuncture safe ?

Acupuncture is generally very safe. Serious side effects are very rare – less than one per 10,000 treatments. Treatment is accomplished by stimulation of acupoints. This may be done by needle, laser beam, electronic stimulation, or pressure massage. We use stainless steel needles that are pre sterilized, and sealed. The needles are very thin, and insertion is usually painless, a slight sting is sometimes felt. Four needles would fit through a needle that is normally used for an injection. Often patients do not feel the needle at all. There is a remote possibility that a needle could break. Any time the skin is broken, the possibility of infection exists. However we do take precautions using the clean needle technique, cleaning your skin surface, our hands, and using sterile needles.

Does acupuncture have side effects ?

Drowsiness occurs after treatment in a small number of patients, and if affected, you are advised not to drive.

Minor bleeding or bruising occurs after acupuncture in about 3% of treatments.

Pain during treatment occurs in about 1% of treatments.

Symptoms can get worse after treatment (less than 3% of patients). You should tell the doctor, but it is usually a good sign.

Fainting can occur in certain patients, particularly at the first treatment.

Is there anything the doctor needs to know ?

If you have ever experienced a fit, faint or funny turn.

If you have a pacemaker or any other electrical implants.

If you have a bleeding disorder.

If you are taking anti-coagulants or any other medication.

If you have damaged heart valves or have any other particular risk of infection.

Single-use, sterile, disposable needles are used in the clinic

Please **initial** that you have read the above. _____

Nutritional Informed Consent

According to the Federal Food, Drug, and Cosmetic Act, as amended, Section 201 (g) (1), The term “DRUG” IS DEFINED TO MEAN: “Articles intended for use in the Diagnosis, Cure, Mitigation, Treatment or Prevention of disease.”

A vitamin is not a drug, neither is a mineral, trace element, amino acid, herb, or homeopathic remedy.

Although a vitamin, mineral, trace element, amino acid, herb or homeopathic remedy may have an effect on any disease process or symptoms, this does not mean that it can be misrepresented, or be classified as a drug by anyone.

Therefore, please be advised that any suggested nutritional advice or dietary advice is not intended as a primary treatment and / or therapy for any disease or particular bodily symptom.

Nutritional counseling, vitamin recommendations, nutritional advice, and the adjunctive schedule of nutrition is provided solely to upgrade the quality of foods in the patient's diet in order to supply good nutrition supporting the physiological and biomechanical processes of the human body. Nutritional advice and nutritional intake may also enhance the stabilization of chiropractic adjustments and treatment.

When doing our Compressive Nutritional Blood Testing, information will be provided to premier metabolic analysis. We share the computer database that allows us to print customized nutritional reports, for you at an affordable cost.

Live blood cell analysis will be performed using a dark field microscope. This analysis is being done as an educational tool and investigative research tool. You will see your blood cells "live" on the microscope monitor. No diagnosis by Dr. Horn or his associates will be rendered from this analysis. Dr. Horn may suggest nutritional supplements to support the body for overall health, and are not solely based upon the live blood cell analysis. Blood will be taken by means of a finger prick.

Nutrition using body reflex points and muscle testing may also be done. This is not diagnostic and simply reflects changes in the reflex points.

If necessary, nutritional recommendations may also be made using various urine tests.

Please **initial** that you have read the above. _____

Energy Techniques Informed Consent.

Cold laser. This is where non-heat generating beams of light are used on areas of the body. Cold laser may be used on acupuncture points instead of needles, or larger areas to decrease pain, and improve healing. This type of laser has been in use over 25 years with little if not any recorded side effects.

Neuro Emotional Technique (NET) is used to relieve "stuck" emotions that may be in the body. This does not take the place of psychotherapy. This will involve using a strong indicator muscle and touching various reflex points on the body. The reflex points are often acupuncture median points. NET is not used to diagnose.



Total Body Modification (T.B.M.) is used to test and correct the functional physiology of the body. TBM is often used to find the organ or area of the body that is stressed, determine why it is stressed and correct the problem by restoring balance to the nervous system. Like NET, TBM may involve using a strong indicator muscle and touching various reflex points on the body: much like completing a circuit. TBM may also use little vials of harmonized substances next to the body. This is purely energetic with no actual pathogens. TBM is not used to diagnose.

Body Restoration Technique (BRT) is an energy technique very similar to NET and TBM. When an organ or gland gets overwhelmed by stress (chemicals, injury, or infection), this overloads the system and blows a fuse – very similar to blowing a fuse in your home when the lights go out. BRT helps reset that fuse and jump starts the system getting everything connected again.

More information on the above techniques are available in the lobby brochure rack or on our website.

Please **initial** that you have read the above. _____

I realize that the practice of medicine, including chiropractic and other healing arts, are not an exact science and I acknowledge that no guarantee has been made to me regarding the outcome of these procedures. I agree to the performance of these procedures by my doctor and such other persons of the doctor's choosing.

I have read or have had read to me the above explanations of treatments. I understand that some are approved and some are not approved by the Florida Chiropractic Board of Medicine. Such is the nature of leading edge health care. Any questions I have had regarding these procedures have been answered to my satisfaction prior to my signing this consent form. I have made my decision to consent of treatment voluntarily and freely.

_____ **Signature of patient.**

_____ **Date & Time**