

# Consent for Chiropractic Care

I, \_\_\_\_\_, request chiropractic care from Dr. Vanessa K. Shields, D.C., B.C.A.O. I understand she will use the latest chiropractic procedures including, but not limited to; x-ray, palpation, and range of motion to determine the appropriate plan of care for me and my spine. I understand the purpose of chiropractic is to locate, analyze, and correct vertebral subluxations, because they are, in and of themselves, detrimental to your health and well-being. Subluxations are misalignments of the spinal bones resulting in nerve pressure and interference. This nerve interference leads to the abnormal functioning of organs and systems, causing poor health and sickness. As a chiropractor, Dr. Shields' goal is to correct vertebral subluxations. Proper spinal alignment and a nervous system free of interference will enable the human body to function to its fullest potential.

I understand during a chiropractic adjustment, there is a small force entered into the spine that may cause some temporary musculoskeletal discomfort. **Chiropractic adjustments are extremely safe when applied properly.** However, like any procedure, there are some rare risks involved, including, but not limited to, fractures, disc injury, stroke, dislocation, or sprain. I do not expect Dr. Shields to anticipate and explain all of the risks and complications possible. I do expect Dr. Shields to use her best judgment involving my plan of care, which may change based on the facts I provide (to the best of my ability of past or present injuries). I am an active participant in my chiropractic care, and therefore encouraged to ask questions and/or express concerns about my health. As a new patient, I also agree to attend at least one Spinal Health Class that will teach me how to "hold" my adjustments longer and get the most benefit from my chiropractic care. This class will also remind the patients how important good nutrition is for good health. The classes are held twice a month, are absolutely free, and family and/or friends are encouraged to attend as well.

I understand Dr. Shields is a straight chiropractor; her main focus is on correcting vertebral subluxations in the spine because they alone, have damaging effects on the nervous system and body. Good nutrition is just as important for the body to be able to begin healing. Biofeedback techniques are implemented to discover the basic cause of many different health challenges. I agree to follow the doctor recommendations which have been established in order to achieve maximum results. Chiropractors are NOT alternatives to medical doctors, and should not be treated as such. Chiropractors work together with medical doctors for the patients benefit. Chiropractors do not diagnose or treat any specific conditions. Chiropractors correct subluxations.

I have read, or have had read to me, the above consent. By signing below, I agree to the above named procedures. I intend this consent form to cover the entire course of my care, now and in the future. I am free to withdraw my consent and discontinue care at any time.

---

Patient's Signature

---

Date

---

Signature of Parent or Guardian

---

Date