

CONSENT TO RECEIVE CHIROPRACTIC CARE @ SPINO CONCEPT

DURING PREGNANCY

Background information – please **read before you agree** to sign the consent form

Chiropractic care has been shown to significantly reduce labour time for women who had care throughout their pregnancy. In one study, Dr Joan Falloon found that first-time mums averaged a 24% shorter labour, while experienced mothers (those who had given birth before) had a 39% reduction in the average labour time in a substantial percentage of births.

In another hospital study that incorporated chiropractic adjustments during the patient's pregnancy, the results indicated that there was a 50% decrease in the need for painkillers during delivery, attributable to pre-delivery chiropractic care.

At various stages during pregnancy, most women experience a number of neuromuscular and biochemical conditions leading to sprain/strains, pain and discomfort. Many of these problems respond favourably conservative, non-invasive chiropractic care. These include:-

- **Hormone relaxin** causes muscle and ligament relaxation allowing joints to become more lax therefore more easily misalign.
- **Weight gain** increased demand and fatigue on spinal and pelvic muscles, ligaments
- **Weight distribution changes** cause alterations on the spinal-pelvic architecture to optimize body balance (especially in the sagittal Y-plane translation and coronal X-plane rotations)
- **Exacerbation** of previously injured and/or unstable musculoskeletal structures including knees, hip, ankle, shoulder, spine, etc.
- **Emergence and intensification** of "underlying" neuro-muscular and biomechanical conditions that may have been relatively asymptomatic. Such factor may include feet/knee instability, lumbosacral and pelvic joint dysfunction etc.

At Spino Concept our goal of care is tailored to meet each patient's individual needs and formulated according to (if any) pre/co-existing conditions.

During the pregnancy period many of the CBP ® mirror-imaged corrective procedure involving heavy weighted traction and repetitive drop piece adjusting are not routinely applied in its full mode. Instead gentle instrument-assisted procedures, CPM (continuous passive motion) and static counter-stress positioning with lower-force techniques are often utilized.

I have read the information given to me re: Chiropractic Care at Spino Concept.

While all precautions measures have been taken by the treating practitioner, I also acknowledge that any type of treatment has inherent risks involved and I hereby give my consent to receive care.

I understanding that I can withdraw my consent and/or refuse proposed care at any time.

Patient Name: Mr/Mrs/Ms _____

Patient's Signature: _____ **Date** _____

Witness by: _____ **Date** _____

REFERENCES

- Fallon, J. DC. The Effect of Chiropractic Treatment on Pregnancy and Labour: A Comprehensive Study. Proceedings of the World Federation of Chiropractic, 1991:24-31. Fallon, J. DC. Chiropractic and Pregnancy; A Partnership of the Future. ICA Review Nov/Dec 1990 (Pg 39-42)
- Frietag, P. Expert testimony of Frietag, P. MD PhD, comparing the results of two neighbouring hospitals, US District Court, Northern Illinois, Eastern Division, No. 76C 3777. May 1987
- Henderson, I.MD. American Medical Association records released in 1987 during trial in U.S. District Court, Northern Illinois, Eastern Division, No. 76C 3777. May 1987