

## Initial Intake — Consents

### Manual Osteopathy Consent

It is important for you to consider the benefits, risks, and alternatives to the treatment options offered to you by your manual osteopath and to make an informed decision about proceeding with treatment. Manual osteopathic treatment includes mobilization, stretching, soft tissue therapy, and other forms of therapy including but not limited to Low Intensity (Cold) Laser Therapy and exercise.

#### Benefits

Manual Osteopathy is widely recognized as one of the safest drug-free, non-invasive therapies available for the treatment of pain caused by nerves, muscles, joints and related tissues. Treatment by your manual osteopath can relieve pain, including headache, altered sensation, muscle stiffness and spasm. It can also increase mobility, improve function, and reduce or eliminate the need for drugs or surgery.

#### Risks

Although manual osteopathy has an excellent safety record, no health treatment is completely free of potential adverse effects. The risks associated with manual osteopathy, however, are very small. Many patients feel immediate relief following treatment, but some might experience:

- Temporary worsening of symptoms. Usually any increase in pre-existing symptoms of pain or stiffness will last only a few hours to a few days.
- Mild soreness or aching, just as you do after some forms of exercise or massage.

Present medical and scientific evidence does not establish that manual osteopathic treatment causes either damage to an artery or stroke.

#### Alternatives

Alternatives to manual osteopathic treatment may include consulting other health professionals. Your manual osteopath may also advise rest without treatment, cold laser therapy, or exercise.

#### Questions or Concerns

You are encouraged to ask questions at any time during your assessment and treatment. Bring any concerns you have to your practitioner's attention. If you are not comfortable, you may stop treatment at any time. Please be involved in and responsible for your care. Inform your manual osteopath immediately of any change in your condition.

#### Consent

Manual therapy requires the health practitioner to place his/her hands on your body. Many techniques will involve contact between your body and the practitioner's body. Body and hand contact may include areas of your chest wall, Sacrum, and pubic bone area. If intraoral work is required (work inside the mouth), disposable vinyl gloves will be worn.

At times, the practitioner may ask you to remove some items of clothing in order to facilitate treatment. If you do not feel comfortable with any part of the treatment, please tell the practitioner immediately. The techniques can be discontinued or modified to be comfortable for you.

I understand that the possible risks and benefits of manual osteopathy will be explained to me regarding my individual treatment plan and accept responsibility to inform my therapist if I do not understand any aspect of the risks and benefits.

I understand and am informed that the results of manual osteopathic treatments are not guaranteed and I am informed that there are some very slight risks of treatment, including but not limited to muscle aches and soreness following treatment.

I understand that manual osteopathy is not a substitute for medical treatment and/or medications, and that it is recommended that I work concurrently with my Primary Caregiver for any conditions I have. I am aware that diagnosing conditions is not part of the manual osteopath's scope of practice.

PLEASE READ BEFORE SIGNING

X \_\_\_\_\_

\* I have read the above noted consent and I have had the opportunity to question the contents and my therapy. By signing this form, I confirm my consent to treatment and intend this consent to cover the treatment discussed with me and such additional treatment as proposed by my therapist from time to time, to deal with my physical condition and for which I have sought treatment. I understand that at any time I may withdraw my consent and treatment will be stopped.