

## CONSENT TO RECEIVE CHIROPRACTIC CARE @ SPINOCONCEPT

### DURING PREGNANCY

Background info – 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 Fallon 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 & 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 & coronal X-plane rotations)
- **exacerbation** of previously injured &/or unstable musculoskeletal structures including knees, hip, ankle, shoulder, spine etc.
- **Emergence & intensification** of 'underlying' neuro- muscular & biomechanical conditions that may have been relatively asymptomatic. Such factor may include feet/knee instability, lumbosacral & pelvic joint dysfunction etc.

At SpinoConcept 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 not all manual therapies and/or chiropractic techniques are appropriate. Often alternative positioning, gentle instrument-assisted procedures, CPM (continuous passive motion) and static counter-stress positioning with lower-force techniques are utilised.

.....

I have read the information given to me re: chiropractic care at SpinoConcept.

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 &/or refuse proposed care at any time.

**Patient Name : MRS. / MS.** \_\_\_\_\_

**Patient's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Witnessed 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 Freitag, 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.