



INFORMED CONSENT as of 01/01/2026

I understand that I am the decision maker for my health care. Part of this clinic's role is to provide me with information to assist me in making informed choices. The purpose of the Informed Consent is for my understanding and agreement regarding the care recommended, the benefits and risks associated with the care, alternatives and the potential effect on my health if I choose not to receive the care.

CHIROPRACTIC TREATMENT: The doctor will use his/her hands or a mechanical device to move your joints. You may feel a click or pop, you may also feel movement of the joint. Various therapies such as hot or cold packs, electric muscle stimulation and therapeutic ultrasound may be used. **Possible risks** to Chiropractic Treatment could include fractures of bone, muscle strain, ligament sprain, dislocations of joints or injury to intervertebral discs, nerves or spinal cord. Cerebrovascular injury or stroke could occur upon severe injury to arteries of the neck, although this is a rare occurrence. A minority of patients may notice stiffness or soreness after the first few days of treatment.

ACUPUNCTURE TREATMENT: Methods of treatment may vary, but are not limited to acupuncture, cupping and Chinese massage. I have been informed that acupuncture is a generally safe method of treatment, but as with all types of medical interventions, there are some risks of care. **Possible risks** include bruising, numbness or tingling near the needling sites that may last a few days, and dizziness or fainting. Bruising is a common side effect of cupping. Rare and unusual risks of acupuncture include nerve damage and organ puncture such as lung puncture (pneumothorax). Although the clinic uses sterile, disposable needles and maintains a clean and safe environment, infection is a possible risk as with any skin puncture.

PHYSICAL THERAPY: Response to physical therapy intervention varies from person to person, therefore it is not possible to accurately predict your response to a specific modality, procedure or exercise protocol. Hatch Chiropractic & Wellness does not guarantee what your reaction will be to a specific treatment, nor does it guarantee that the treatment will help resolve the condition that you are seeking treatment for. **Possible risks** may include aggravation of existing symptoms and may cause discomfort, pain or injury.

DRY NEEDLING: Functional Dry Needling (FDN) involves inserting a monofilament needle into a muscle or tissue to reset the tissue to an improved homeostasis. This can help to resolve pain and muscle tension, as well as promote healing. This is not traditional Chinese acupuncture; it is a medical treatment that relies on a medical diagnosis to be effective. **Possible risks** of FDN may include injury to a blood vessel causing bruising, infection and /or nerve injury. The most serious, although rare, risk with FDN is accidental puncture of a lung (pneumothorax).

While I do not expect the clinical staff to be able to anticipate and explain all possible risks and complications of treatment, I wish to rely on the doctor to exercise judgment during treatment based upon the facts known to be in my best interest. I understand that, as with all healthcare approaches, results are not guaranteed and there is no promise to care.

I understand that I must inform, and continue to fully inform, this clinic of any medical history, family history, medications and/or supplements being taken (prescription and over the-counter drugs). I understand the clinical and administrative staff may review my patient records and lab reports, all of which are kept confidential and will not be released without my written consent.