



PatientForm

Date:

Name:

- Date of Birth:

Occupation:

Address:

Postcode/Area:

Telephone Private:

- Telephone Mobile:

E-mail:

Insurance Company:

Recommended by:

Where is your major complaint?

How long have you had this problem?

Is your condition getting better or worse?

Have you had treatment for this problem?

Are you currently managing any illnesses?

Have you had any surgery's? Where/Why/When?

Have you been previously hospitalised? Why? When and how long was your stay in hospital?

Have you had any broken bones or sprained joints? Where/Why/When?

Do you take any medications?

If you take any medications, please bring a list of your medications along with the relevant dosages that you take.

What is Chiropractic

The central theme in chiropractic is that your nervous system is the master control system of the body. It is made up of your brain, sense organs, spinal cord and the nerves that branch throughout your entire body. Your nervous system controls every single body function that you may or may not be aware of, like your heart rate, breathing, hormones and the general governing of all your body systems.

Chiropractic is based on the principle that tension, misalignments or an altered function of your spine can interfere with how your nervous system functions. This results in a decreased efficiency of how your body generally functions, and a reduction of your overall wellbeing.

The purpose of the chiropractic adjustment is to focus on improving spinal movement, which in turn, will help your nervous system to better adapt to daily life, increasing performance, mental clarity and in general, increasing how your body functions.

Reactions from Chiropractic

As with any other form of health intervention, reactions after a chiropractic adjustment may occur, these can include; muscle soreness, nerve irritation or a feeling of tiredness. These are referred to as normal reactions, and tend to resolve on their own.

Sometimes it can seem, especially in cases of a recent accident or injury, as if your problem is worsening. This is perfectly natural and temporary. Reducing inflammation takes time and many factors can affect the speed of your recovery. In cases of chronic health problems, progress can appear to be slower. Since it has taken years for your particular problem to become symptomatic, you will need to be patient with the recovery time.

Perhaps you may have heard that serious complications can occur after a chiropractic adjustment of the neck. It has been argued, that in very rare cases, an adjustment of the neck can damage the wall lining of an artery (Vertebral Artery), which traverses through the neck region, which could lead to a Vertebral Artery aneurysm or dissection. Through extensive research to date, there has been insufficient evidence to suggest that a chiropractic adjustment can cause such damage to the Vertebral Artery¹. Furthermore, recent research shows that pre-damaged arteries, whether congenital or due to poor lifestyle choices, are major contributing factors leading to such instances. A view also supported by the World Health Organisation².

Consent

I hereby declare that I have read and understand the above mentioned reactions that can occur from chiropractic, and hereby give consent to a chiropractic adjustment.

Privacy Statement - General Data Protection Regulation

The European General Data Protection Regulation (EU-GDPR) will be applicable as of 25th May 2018, to regulate the protection of personal data across Europe. The protection and safety of your personal data is very important to us and we will only use your data within the framework of the EU-GDPR. Third party use of your personal information is prohibited. By signing this form, you agree that we may use and save your personal information within the framework of the EU-GDPR.

Date:

Signature:

1. Haldeman S, Kohlbeck FJ, McGregor M (1999) Risk Factors and Precipitating Neck Movements Causing Vertebrobasilar Artery Dissection after Cervical Trauma und Spinal Manipulation, Spine 24 (8) p.785-794.
2. World Health Organisation - Guidelines on Basic Training and Safety in Chiropractic www.who.int.