



Treatment Consent Guidelines

Examination: involves the potential assessment of any joint or soft tissue in the body, from the head to the little finger or toe, as deemed appropriate and clinically relevant. In order to assess joints and soft tissues the patient will be required to perform slumping, arching, side bending, and twisting motions.

The patient understands that the purpose of an examination is to determine what hurts, what is restricted, and what aggravates or irritates their symptoms, and therefore the examination or treatment processes may elicit pain or a flare up of the patients condition.

NIP Examination: involves assessing the ocular pressure by palpation, upper cervical complex motion (lateral flexion, rotation, flexion, extension), shoulder abduction, reflexes including Shimizu, pectoralis, scapulohumeral at every session as the basis of whether or where to proceed in treatment. Again the assessment and treatment process may lead to any joint or soft tissue in the body. The assessment also involves the appropriate muscle testing relative to relevant kinesiotherapy; as this area has become aberrant, it is possible to experience some discomfort with some muscle tests.

A Queen Tendon reflex hammer is used to assess reflexes; appropriate force is required to elicit the reflex to assess its quality. If the patient is sensitive or susceptible to bruising, it is possible to feel or see bruising in that area in the days following the assessment.

Treatment: involves precise impulses onto bones or soft tissues, and can involve stretching, compressing, or twisting on the skin. The point of contact is usually focal, specific, and held for approximately 15sec. As the point of contact is related to the patients condition, it is possible to experience some pain, tenderness, or discomfort during the procedure.

Whilst there are no forceful manipulations, commonly known as 'cracking and crunching', applied during the treatment processes, depending on the patients level of tension and mobility, there may very occasional be an audible clicking in the joints or soft tissues.



The process of healing:

The process of healing can sometimes ebb and flow, progress is made, then a plateau or a set-back can be experienced depending on the unseen condition of the body or the environment in which we are healing. The body is a tensegrity structure, which means that if one area of the body is tensioned or compressed, it affects the whole body; therefore, as one area of the body is treated, and restrictions are released, the body can expand and therefore the area of pain stiffness or restriction can shift to a secondary area of stress in the body. If the secondary area tensions central neural structures, it is possible to experience different types of neural symptoms e.g. light-headedness, nausea, dizziness, etc. The severity of the symptoms can depend upon the condition of the patients body; patients suffering from conditions such as fibromyalgia, chronic fatigue, or hypersensitivity conditions can have heightened symptoms.

The patient acknowledges that the process of healing takes time, sometimes years, and therefore all pains and restrictions cannot always be reduced or eliminated in one or just a few sessions.

If the patient feels at all concerned about their symptoms it is recommended that they seek the advise of their chiropractor/practitioner first; if they cannot be reached, seek the advise of their doctor.

Patient Responsibility: the patient acknowledges that regardless of whether the trauma or injury was their fault, it is their responsibility to take charge of their own healing and recovery, being mindful of their physical (posture etc.), chemical (nutrition, medication, etc.), and mental (thoughts, emotions/feelings, forgiveness, no-bitterness etc.) wellbeing.

If you have any questions please contact **Simeon Gray** at **Upright Postures:**
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