



# ALL SEASONS CHIROPRACTIC

***Services provided by Trevor Winzowski Chiropractic Corp.***

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## **CONSENT TO NON-SURGICAL SPINAL DECOMPRESSION THERAPY**

It is important for you to consider the benefits, risks and alternatives to non-surgical Spinal Decompression Therapy offered by All Seasons Chiropractic and to make an informed decision about proceeding with treatment.

### **What is Non-surgical Spinal Decompression Therapy?**

Spinal Decompression Therapy is a non-invasive, non-surgical treatment designed to relieve pain and promote healing of spinal discs. It involves the use of a computer-controlled traction table that slowly and gently elongates the spine and aims to relieve pressure on spinal disc and nerves.

### **Procedure**

After an initial physical examination and testing is done to assess your condition(s), should Spinal Decompression Therapy be determined as suitable for you the following procedure will apply:

1. You will be asked to lie on a specialized table;
2. A harness will be fitted around your pelvis, trunk, neck or head subject to the condition being treated;
3. The table will be programmed to apply a gentle, controlled stretch to your spine;
4. The session will typically last between 15 to 45 minutes;

A series of treatments over several weeks may be recommended.

### **Potential Benefits**

- Reduction of back pain, neck pain and sciatica
- Improved mobility and function
- Reduced stiffness
- Promotion of healing of damaged spinal discs

### **Risks and Side Effects:**

While non-surgical Spinal Decompression Therapy is generally safe, potential risks and side effects may include the following:

- Temporary increase in pain or discomfort
- Muscle spasms
- Nerve pain or tingling
- Rarely, worsening of the existing condition

### **Contraindications**

Non-surgical Spinal Decompression Therapy may not be suitable for individuals with certain conditions, such as:

- Severe osteoporosis
- Spinal fractures
- Spinal implants or hardware
- Advanced rheumatoid arthritis
- Pregnancy
- Certain types of cancer

### **Alternatives**

Other treatment options that may be considered in place of non-surgical Spinal Decompression Therapy include:

- Physical therapy
- Chiropractic adjustments
- Medications for pain relief
- Epidural steroid injections
- Surgery (in severe cases)

### **Questions or concerns**

You are encouraged to ask questions at any time regarding your assessment and treatment. Bring any concerns you have to the chiropractor's attention. If you are not comfortable, you may stop treatment at any time.

**\*\*Please be involved in and responsible for your care.  
Inform the chiropractor immediately  
of any change in your condition.\*\***

### **DO NOT SIGN THIS FORM UNTIL YOU MEET WITH THE CHIROPRACTOR**

I hereby acknowledge that I have discussed with the chiropractor the assessment of my condition and the treatment plan. I understand the nature of the treatment to be provided to me. I have considered the benefits and risks of treatment, as well as the alternatives to treatment. I have had the opportunity to ask questions and have received satisfactory answers. I hereby consent to undergo non-surgical spinal decompression therapy as proposed to me and understand I can withdraw my consent at any time.

\_\_\_\_\_  
Name (Please Print)

Date: \_\_\_\_\_, 20\_\_\_\_

\_\_\_\_\_  
Signature of patient (or legal guardian)

Date: \_\_\_\_\_, 20\_\_\_\_

\_\_\_\_\_  
Signature of Chiropractor