

The purpose of this form is to present risks and benefits of the therapies offered in the Elixia Wellness Group. **Please read these descriptions before initialing the INFORMED CONSENT paragraph on the Patient Policies form. This must be signed before treatment is rendered.** Ask your particular practitioner about any questions or concerns at any time.

ACUPUNCTURE

Acupuncture involves using very thin needles and/or pressure to stimulate special points on the body that affect different organ systems. Our acupuncturists are gentle and effective and combine traditional Chinese bodywork and other techniques to aid in energy flow. Uncommon side effects may be bruising, minor bleeding, fainting and discomfort. More commonly, relaxation and pain relief are experienced. Your acupuncturist may use acupressure and Chinese bodywork, which stimulates or sedates the points by hand.

MANIPULATION

Manipulation is an effective therapy that aims to restore joint motion and neurological function. A proper screening is required and performed to ensure you do not have risks or contraindications to adjustments. Different techniques are used depending on the individual. Uncommon risks include fracture, sprain, and cerebral vascular accidents. More commonly, pain relief, increased range of motion, and alignment correction are experienced.

NATUROPATHIC MEDICINE

Naturopathy combines safe and effective traditional therapies with the most current advances in modern medicine by attempting to find the underlying cause rather than focusing on symptomatic treatment. The doctors in our clinic treat a variety of conditions including women's health, stress, pain, organ dysfunction, infections, and much more. There is risk of pharmaceutical/supplement interaction, so inform your ND of current medications. Your ND may suggest hydrotherapy, which encourages circulation, enhanced immune function and relaxation. Side effects are minimal, but may include dizziness, fatigue, detoxification reactions and irritated skin.

BODYWORK: MASSAGE, TRIGGER POINT THERAPY, EXERCISES, STRETCHING

The goal of massage/soft tissue therapy is to decrease tension and tenderness, while increasing blood/lymph flow. Your problem may be caused by poor mechanics/repetitive stress, in which case, exercises or stretches may be indicated. Deep tissue work, overstretching and over-exercise may cause discomfort or injury. Massage may cause initial soreness, bruising or lightheadedness, but usually pain relief, increased motion, and relaxation are experienced.

SUPPLEMENTS: HERBALS, HOMEOPATHICS, ORTHOPEDIC EQUIPMENT

These are products that can aid in healing by nutritional, energetic, and mechanical support; They can be effective for many conditions. Be sure to inform your practitioner about all medications you currently take to minimize drug/supplement interactions. Some side effects may be gas, bloating, and less commonly allergic reaction. If biomechanical support is needed, back braces, cervical pillows, cervical traction, or orthotics may be suggested for your particular case.

MICROCURRENT

This electric modality increases ATP production in the cells, thereby increasing the rate of tissue healing and decreases inflammation. Contraindications include: certain pace makers, tumors and pregnant women. A side effect may be a detoxification reaction, but more commonly pain relief and increased function is experienced.

IMAGING, REFERRALS

Further lab work (X-rays, MRI, blood work, urine analysis, etc.) may be necessary. When co-management or referral is indicated, a prompt referral to another specialist for evaluation or alternative therapy will be suggested. The following are examples: medical management, physical therapy, vestibular testing, psychological evaluation, injection therapy, surgery, naturopathic, chiropractic, acupuncture, massage, etc.

We will inform you of alternatives to the therapies offered within or external to this Center. Our first concern is your health/well being.

Please inform your practitioner of any changes in symptoms, medications, diagnoses by other doctors, and if there is a chance of pregnancy at any time during your care.

- **I have had the opportunity to read this form and my questions are answered to my satisfaction. I hereby consent to the treatments initialed above.**