

## INFORMED CONSENT

### Description of Treatment:

Osteopathic and physiotherapy treatment involves the application of hands-on techniques to manipulate the musculoskeletal system, including but not limited to soft tissue manipulation, joint mobilisation, muscle energy techniques, and myofascial release. The specific techniques used may vary based on the patient's condition and the practitioner's assessment.

### Benefits:

I understand that the potential benefits of hands on treatment may include:

- Pain relief
- Improved range of motion
- Enhanced circulation
- Reduction of muscle tension
- Promotion of relaxation and overall well-being

### Risks and Side Effects:

I acknowledge that osteopathic manipulative treatment (OMT) may carry potential risks and side effects, including but not limited to:

1. Soreness or Discomfort: This discomfort typically resolves within a few days and can often be managed with rest, ice, and over-the-counter pain relievers.
2. Temporary Exacerbation of Symptoms: This is usually a transient phenomenon and is considered a normal part of the healing process. However, if symptoms persist or worsen significantly, it is important to notify your healthcare provider.
3. Rare Complications: Although rare, there is a small risk of experiencing more serious complications from hands on treatment, including:
  - Nerve Injury: Soft tissue and manipulation involves manipulation of nerves, muscles, and other soft tissues, which carries a slight risk of nerve injury. Symptoms of nerve injury may include numbness, tingling, weakness, or changes in sensation. While such complications are uncommon, they should be reported to your healthcare provider if they occur.
  - Vascular Injury: In extremely rare cases, soft tissue or manipulation may inadvertently cause injury to blood vessels, leading to bleeding, hematoma

formation, or other vascular complications. Symptoms of vascular injury may include severe pain, swelling, discoloration, or changes in pulse. Immediate medical attention should be sought if such symptoms arise.

It is important to note that while these risks and side effects are possible, the vast majority of patients undergoing Osteopathy or Physiotherapy treatments experience no adverse effects or complications. However, it is essential to be informed about all potential risks before consenting to treatment.

I understand that undergoing Osteopathy or Physiotherapy treatments is entirely voluntary, and I have the right to refuse or withdraw consent at any time, without affecting my current or future medical care. I acknowledge that I have been provided with sufficient information to make an informed decision about whether to proceed with Osteopathy or Physiotherapy treatments.

I understand that I am under no obligation to undergo Osteopathy or Physiotherapy treatments and that alternative treatments are available. I have had the opportunity to discuss my treatment options, including the risks, benefits, and alternatives, with my healthcare provider, and all my questions have been answered to my satisfaction.