

# SPORT + SPINAL

## PHYSICAL THERAPY

|                    |                   |            |
|--------------------|-------------------|------------|
| Name:              | Date of Birth:    |            |
| Address:           |                   |            |
| City:              | Postal Code:      |            |
| Phone (H):         | Phone (M):        | Phone (W): |
| Email:             |                   |            |
| Occupation:        | Employer:         |            |
| Area of Concern:   | Referred By:      |            |
| Family Doctor:     | Chiropractor:     |            |
| Massage Therapist: | Personal Trainer: |            |
| Other:             |                   |            |

**Intramuscular Stimulation (IMS)** specifically targets injured muscles that have contracted and become shortened from distress. The needle sites can be at the epicenter of taut, tender muscle bands, or they can be near the spine where the nerve root may have become irritated and supersensitive. Penetration of a normal muscle is painless; however, a shortened muscle will 'grasp' the needle in a sort of cramping sensation. IMS may cause an increase in pain for one or two days after the treatment, followed by an overall improvement.

IMS is an invaluable treatment for pain management; however, there are possible complications, although rare, they must be considered prior to giving consent to this procedure. Anytime a needle is used, there is a risk of infection. A needle may be placed inadvertently in an artery, nerve or vein; if so, a hematoma (bruise) will develop. If a nerve is involved, it may cause paresthesia (a prickling sensation) which may last a few days. When a needle is placed close the chest wall, there is a rare possibility of pneumothorax (air in the chest cavity). Fortunately, all these complications are non-fatal and readily reversible.

**Manual Therapy** helps restore proper motion to the vertebral (facet) joints. You may feel a "click" or "pop", such as the noise when a knuckle is "cracked". Rare complications are possible following a joint manipulation; which could include fractures, muscular or ligamentous sprain, dislocations, injury to intervertebral discs, nerves, spinal cord or blood supply to the brain. A minority of patients may notice stiffness or soreness after the first few days of treatment. The risks of complications due to this treatment are very rare.

Your therapist may use modalities to enhance your recovery and reduce symptoms such as ultrasound, electrical modalities, laser therapy, heat and ice, etc. These are rarely associated with side effects or complications, and the risks may include soreness, skin reactions, or other mild side effects. Please report these and any other side effects or complications to your doctor right away. If you have skin sensitivities, a pacemaker, pregnancy or any other health condition that would change your ability to be exposed to electrical modalities, topical creams, or other care restrictions, please advise your therapist immediately.

My signature indicates that I have read and fully understand the above information regarding the consent to these procedures. I have had the opportunity to ask questions about any matter which I did not understand, and I have received satisfactory explanation to my questions. My signature below authorizes examination and treatment at Sport + Spinal Physical Therapy.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Expertise

Integrity

Results