

Welcome to Positive Motion. My goal is to help you reach your full health potential.

This clinic is not about months of bi-weekly five-minute office visits for back pain. As your doctor, I will spend the time necessary to understand your unique health status and your goals for your body. I have spent over eight years in academic and clinical training to become a holistic primary health care provider for you. While my chiropractic education makes me highly skilled to deal with your muscle and joint pain, my training and licensure also qualify me to be the doctor you see first regarding all your non-emergency healthcare needs. From a sprained ankle to recurrent infections, chiropractic has a non-invasive, low-risk, and natural approach to bringing your body back to its optimal balance.

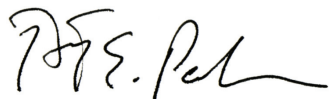
I decided to become a chiropractor when I was fifteen, competing as a professional windsurfer. I had a chronic problem with my hip that my M.D. told me could only be treated with pain killers. I would not accept that my only choice as a teenager was to take medications to be pain free. Out of frustration with the options presented to me, I sought out a chiropractor who balanced my muscles and adjusted my joints. Within two visits he restored my health status to pain-free and fully functional.

In today's managed care health environment, too often the patient's true health potential is never realized because the current medical model treats the symptoms—usually with prescription drugs—rather than addressing and treating the cause. While this is a temporary solution, it doesn't solve the patient's underlying problem and it usually comes with side-effects ranging from annoying to potentially fatal. The paradigm of taking drugs, then getting surgery, and finally coming to the chiropractor when all else has failed must change. Not only is it too costly for our health care system, but millions of people are missing out on their optimal health experience. We must look to natural holistic medicine first, drugs second, and surgery last.

I want to be your health coach. Just like great athletes can only achieve a certain level of performance without a coach, so it is with your health. My willingness to thoroughly investigate all of your health concerns is designed to discover the cause of your imbalance, rather than simply covering up your symptoms. My objective is to help you find a natural solution to restore your body to optimal health. As your coach, I need your cooperation and determination to help you reach your goals.

Health without physical or chemical crutches is our birth right. I am here to help you claim yours. I look forward to helping you realize your full health potential!

In positive motion,



Brant Pedersen, D.C., CCSP

Confidential Patient Record

Name _____ Sex _____ Age _____ DOB _____ Date _____

Address _____ City _____ State _____ Zip _____

Home _____ Business _____ Mobile _____ Email _____

Occupation _____ Employer _____

Names/Ages of Children _____ Marital Status (circle one) MARRIED SINGLE WIDOWED DIVORCED

Name of Spouse _____ Spouse's Employer _____

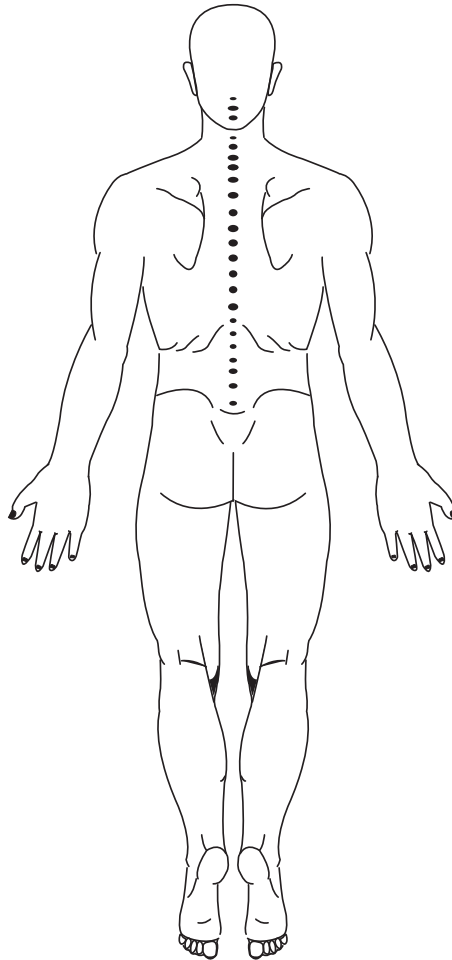
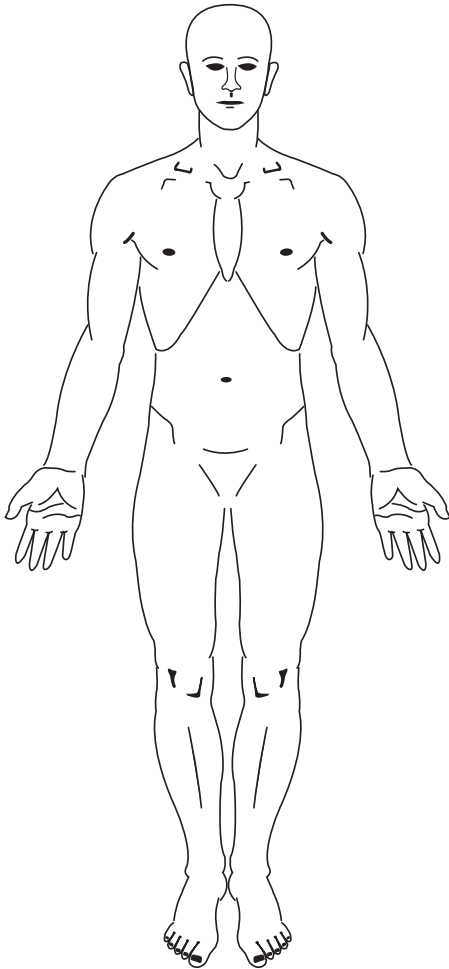
Name and Phone of Emergency Contact _____ Relationship _____

How did you hear about our office? _____

Have you ever been to a chiropractor before? Y N If yes, which doctor? _____

Health Evaluation

Using the diagram below, mark the areas of your body where you currently feel pain or other abnormal sensation. Also indicate where your pain travels (if appropriate). You can also write notes next to your markings if a description would be helpful. Then, please answer the questions to the right by circling the number that best represents your pain, where **1 is no pain and 10 is pain as bad as you can imagine.**



Scars: Use the diagrams to the left to draw any scars (major or minor) that you have.

Rate your pain by circling the one number that best describes your pain at its **WORST** in the past 24 hours.

1 2 3 4 5 6 7 8 9 10

Rate your pain by circling the one number that best describes your pain at its **LEAST** in the past 24 hours.

1 2 3 4 5 6 7 8 9 10

Rate your pain by circling the one number that best describes your pain on **AVERAGE** for the past **WEEK**.

1 2 3 4 5 6 7 8 9 10

Complaints | Please rank your health complaints and rate their severity (on a scale from 1-10, 10 being the worst). This could include your current pain, a chronic injury (ex. "bad" knee or shoulder), being overweight, etc.

Goals | What are your goals for seeing Dr. Pedersen? _____

Limitations | What limitations do you have, if any, in working with Dr. Pedersen? (ex. Unwilling to take nutritional supplements, working in excess of 60 hours a week, won't give up smoking or alcohol, etc).

Stress Level | Rate your stress level currently on a scale from 1-10 (10 being the most stress). Note that stress can come in forms such as overwork, relationships, health concerns, etc.

Overall stress: _____ Main reasons for stress _____

If over a level 5, what steps are you currently taking to reduce your stress? _____

Sleep Quality | How is your sleep? (check all that apply) Restful Restless Hard to get sleep Wake up often Nightmares

What time do you usually go to sleep? _____ Hours of sleep/night? _____

Exercise | Do you exercise? _____ How often? _____ For how long per session? _____

What type of exercise do you do? _____

Smoking | Do you currently smoke? _____ How much? _____ How long have you smoked? _____

Daily Habits | For each of these items listed below specify if you consume them and how often (i.e. 2 cups/day).

Coffee/Tea _____ Soda: _____ Alcohol: _____ Water: _____ Fast food: _____

Vitamins/Minerals: _____

Allergies | Please list any known allergies, including food allergies, environmental, seasonal, drug, etc.

Medical History | Please describe any conditions which are under the care of a physician.

Diagnosis _____

Date of onset _____ Duration of current symptoms _____

Doctor(s) involved, their specialty _____

How diagnosed (what tests)? _____

Current treatment (medication, etc.) _____

Treatment received in past, if any, and how it worked _____

Medications | Please list any medications you are taking, or have taken in the past, and for how long. State the reason for taking it.

- | | | | | |
|--|--|---|--|--|
| <input type="checkbox"/> Antacids | <input type="checkbox"/> Anti-inflammatories | <input type="checkbox"/> Diuretics | <input type="checkbox"/> Muscle Relaxors | <input type="checkbox"/> Steroids (prednisone, anabolics, cortisone) |
| <input type="checkbox"/> Antibiotics | <input type="checkbox"/> Birth Control Pills | <input type="checkbox"/> Hormones (estrogen, progesterone, DHEA, testosterone, thyroid) | <input type="checkbox"/> Pain Killers | <input type="checkbox"/> Yeast/Fungal Medications |
| <input type="checkbox"/> Antidepressants | <input type="checkbox"/> Blood Pressure Medication | | <input type="checkbox"/> Parasite Medication | |
| <input type="checkbox"/> Antihistamines | <input type="checkbox"/> Cardiac/Heart Medication | | | |

Surgeries/Hospitalizations | Please indicate any surgeries, traumas, fractures, car accidents, etc. that you have had.

- | | | | | |
|---------------------------------------|--|-------------------------------------|--|---|
| <input type="checkbox"/> Appendectomy | <input type="checkbox"/> Implants/Prostheses | <input type="checkbox"/> C-Sections | <input type="checkbox"/> Eye Surgery | <input type="checkbox"/> Laparoscopy |
| <input type="checkbox"/> Arthroscopy | <input type="checkbox"/> Biopsies | <input type="checkbox"/> D&Cs | <input type="checkbox"/> Implants/Prostheses | <input type="checkbox"/> Tonsils/Adenoids |

Other (please list all with brief details such as date, outcome, etc.) _____

Family History | Check those that apply and indicate the outcome and age of onset.

	Maternal		Paternal		Mother	Father	Brother	Sister	Onset	Outcome
	Grandma	Grandpa	Grandma	Grandpa						
Allergies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Arthritis (type)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Asthma	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Cancer (type)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Heart Disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Mental Disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Thyroid Imbalance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____

Other _____

Review of Systems | Please check the "NOW" box for all conditions that you are now experiencing and mark the "PAST" box for any condition or symptoms experienced at any time in your life.

	Now	Past		Now	Past		Now	Past		Now	Past
	▼	▼		▼	▼		▼	▼		▼	▼
General			Nose			G-I System			Neurologic		
Weight loss	<input type="checkbox"/>	<input type="checkbox"/>	Nosebleeds	<input type="checkbox"/>	<input type="checkbox"/>	Gas	<input type="checkbox"/>	<input type="checkbox"/>	Seizures/Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>
Weight gain	<input type="checkbox"/>	<input type="checkbox"/>	Sinus problems	<input type="checkbox"/>	<input type="checkbox"/>	Heartburn	<input type="checkbox"/>	<input type="checkbox"/>	Strokes	<input type="checkbox"/>	<input type="checkbox"/>
Head			Lungs			Indigestion	<input type="checkbox"/>	<input type="checkbox"/>	Tingling sensation	<input type="checkbox"/>	<input type="checkbox"/>
Headache	<input type="checkbox"/>	<input type="checkbox"/>	Difficulty breathing	<input type="checkbox"/>	<input type="checkbox"/>	Ulcers	<input type="checkbox"/>	<input type="checkbox"/>	Numbness	<input type="checkbox"/>	<input type="checkbox"/>
Dizziness	<input type="checkbox"/>	<input type="checkbox"/>	Asthma	<input type="checkbox"/>	<input type="checkbox"/>	Vomiting/Nausea	<input type="checkbox"/>	<input type="checkbox"/>	Weakness	<input type="checkbox"/>	<input type="checkbox"/>
Head trauma	<input type="checkbox"/>	<input type="checkbox"/>	Pneumonia	<input type="checkbox"/>	<input type="checkbox"/>	Abdominal Pain	<input type="checkbox"/>	<input type="checkbox"/>	Difficulty walking	<input type="checkbox"/>	<input type="checkbox"/>
Fainting	<input type="checkbox"/>	<input type="checkbox"/>	Wheezing	<input type="checkbox"/>	<input type="checkbox"/>	Diarrhea	<input type="checkbox"/>	<input type="checkbox"/>	Poor coordination	<input type="checkbox"/>	<input type="checkbox"/>
Blacking out	<input type="checkbox"/>	<input type="checkbox"/>	Persistent cough	<input type="checkbox"/>	<input type="checkbox"/>	Constipation	<input type="checkbox"/>	<input type="checkbox"/>	Muscle/Bone		
Eyes			Coughing phlegm	<input type="checkbox"/>	<input type="checkbox"/>	Blood in stool	<input type="checkbox"/>	<input type="checkbox"/>	Joint pain	<input type="checkbox"/>	<input type="checkbox"/>
Change in vision	<input type="checkbox"/>	<input type="checkbox"/>	Coughing blood	<input type="checkbox"/>	<input type="checkbox"/>	Hemorrhoids	<input type="checkbox"/>	<input type="checkbox"/>	Stiffness	<input type="checkbox"/>	<input type="checkbox"/>
Cataracts	<input type="checkbox"/>	<input type="checkbox"/>	Tuberculosis	<input type="checkbox"/>	<input type="checkbox"/>	Gall bladder disease	<input type="checkbox"/>	<input type="checkbox"/>	Muscle ache	<input type="checkbox"/>	<input type="checkbox"/>
Light sensitivity	<input type="checkbox"/>	<input type="checkbox"/>	Vascular			Liver disease	<input type="checkbox"/>	<input type="checkbox"/>	Arthritis	<input type="checkbox"/>	<input type="checkbox"/>
Flashes in vision	<input type="checkbox"/>	<input type="checkbox"/>	Chest pain	<input type="checkbox"/>	<input type="checkbox"/>	G-U System			Bone pain	<input type="checkbox"/>	<input type="checkbox"/>
Spots in vision	<input type="checkbox"/>	<input type="checkbox"/>	Palpitations	<input type="checkbox"/>	<input type="checkbox"/>	Difficulty urinating	<input type="checkbox"/>	<input type="checkbox"/>	Fractures	<input type="checkbox"/>	<input type="checkbox"/>
Mouth			Ankle swelling	<input type="checkbox"/>	<input type="checkbox"/>	Pain urinating	<input type="checkbox"/>	<input type="checkbox"/>	Dislocations	<input type="checkbox"/>	<input type="checkbox"/>
Bleeding gums	<input type="checkbox"/>	<input type="checkbox"/>	Cold feet/hands	<input type="checkbox"/>	<input type="checkbox"/>	Blood in urine	<input type="checkbox"/>	<input type="checkbox"/>	Skin		
Cold sores	<input type="checkbox"/>	<input type="checkbox"/>	Leg cramps	<input type="checkbox"/>	<input type="checkbox"/>	Incontinence	<input type="checkbox"/>	<input type="checkbox"/>	Rash	<input type="checkbox"/>	<input type="checkbox"/>
Dentures	<input type="checkbox"/>	<input type="checkbox"/>	Calf pain	<input type="checkbox"/>	<input type="checkbox"/>	Foul odor of urine	<input type="checkbox"/>	<input type="checkbox"/>	Bruising	<input type="checkbox"/>	<input type="checkbox"/>
Sore throat	<input type="checkbox"/>	<input type="checkbox"/>	Varicose veins	<input type="checkbox"/>	<input type="checkbox"/>	Increased urination	<input type="checkbox"/>	<input type="checkbox"/>	Brittle nails	<input type="checkbox"/>	<input type="checkbox"/>
Jaw pain	<input type="checkbox"/>	<input type="checkbox"/>	Low blood pressure	<input type="checkbox"/>	<input type="checkbox"/>	Decreased urination	<input type="checkbox"/>	<input type="checkbox"/>	Changes in moles	<input type="checkbox"/>	<input type="checkbox"/>
Changes in taste	<input type="checkbox"/>	<input type="checkbox"/>	High blood pressure	<input type="checkbox"/>	<input type="checkbox"/>	Urinary infection	<input type="checkbox"/>	<input type="checkbox"/>	Itching	<input type="checkbox"/>	<input type="checkbox"/>
Hoarseness	<input type="checkbox"/>	<input type="checkbox"/>				Genital infection	<input type="checkbox"/>	<input type="checkbox"/>	Peeling	<input type="checkbox"/>	<input type="checkbox"/>

Office Guidelines and Policies

Welcome! Please take the time to review the following office guidelines and policies so that we may better serve you. This information outlines our terms for providing service and will help clarify any questions you may have before your first appointment.

Preparation Guidelines

Prior to your initial visit you need to obtain all the necessary paperwork. We ask you to read and complete this paperwork at home (in non-urgent cases) to give you time to think through your answers and to make the most out of your time in our office. You may also want to visit our website (www.positivemotionhealth.com) to learn more about the services offered in our office, what to expect on your first visit, and to find answers to some questions frequently asked by patients.

Medical Records

If applicable, please bring copies of your latest laboratory and imaging (x-ray, MRI, CT) reports—no film required—on the day of your initial exam. If your doctor requires an 'Authorization to Release Medical Records' form please contact our office and we will provide one for you. Often your laboratory and imaging reports can be faxed or emailed directly to you by your doctor.

Fees

Our goal is to provide you with the best personalized health care at an affordable price. Our office does not accept medical insurance directly and we are not an "in-network" provider with any insurance companies. However, upon your request, we are happy to provide you with a completely filled out health insurance claim form listing all diagnosis and treatment codes, as well as office charges. You then mail this form to your insurance company and any reimbursements that are owed under your plan will be mailed directly to you.

If you have a Health Savings Account (HSA) or Flexible Spending Account (FSA) we are happy to provide a receipt / "superbill" that is usually requested by those entities for validation of your expenses in our health care office.

We do accept Medicare as a Non-Participating Physician. This means that we collect the full amount of your visit charges at the time of service and then send in your Medicare billing for you. Medicare and your secondary insurance policy (if you have one in place) will then reimburse you, based on the details of your health coverage, by sending a check directly to you in the mail. Medicare is particular on what services they will cover and we will go over these details with you and have you sign an Advanced Beneficiary Notice.

Retail Sales

Many doctors offer supplies (glasses, crutches, supplements, etc.) at their offices for the convenience of their patients. Depending on the nature of your case, Dr. Pedersen may recommend nutritional and/or support products such as vitamins/minerals, botanicals, joint braces, etc. Although he does suggest commercial products (health food stores, online, etc.), most are recommended from our office for several reasons. Years of clinical experience shows that most commercial products are poor quality, in spite of the label claims. Dr. Pedersen carefully selects 'professional grade' products from various reputable manufacturers. Additionally, California Tax law states that the patient doesn't have to pay sales tax on these products when sold in a chiropractor's office. That is nearly a 10% savings for patients. Please note that no patient is required to purchase products from our office, however if you choose to purchase over-the-counter products of lesser quality, you should not be surprised if you obtain sub-optimal results.

Return Policy

Product returns must be made within thirty (30) days of purchase. Un-opened products (supplements and/or orthopedic supports/supplies) that are returned within 30 days will be given a full refund. All supplement returns must be unopened and sealed inside the original packaging. Opened supplements may not be returned. No refunds are offered on services rendered.

No Show & Cancellation Policy

Dr. Pedersen is committed to offering exceptional patient care during every visit. He has invested in equipment, training, and systems to make your visit comfortable and effective. He prides himself on consistently running on time. He will be ready for your appointment with his full attention and energy. We ask that you prepare for your appointment accordingly. Please silence your cell phone prior to your visit. Please come dressed appropriately for the area to be treated (ex: don't wear tight jeans if we are going to be working on your knee). We have a 24-hour cancellation policy on all appointments. No-shows or cancellations with less than a 24-hour notice will be billed the full fee of the appointment. Our staff will make every attempt to remind you of your appointment, but it is ultimately your responsibility to remember.

If you are running late please call to let us know when you anticipate arriving for your visit. We will do our best to accommodate your revised visit time into the doctor's schedule. However, our office makes a policy of not pushing the entire day's schedule out because a single patient is late to their appointment. We will run on time as a rule and we ask that you show up on time for your appointments.

Payment Agreement

Payment for the initial consultation and treatments with Dr. Pedersen is required at the time of service. For your convenience, we accept cash, checks, Mastercard, and Visa.

Additionally, regarding insurance, please be sure to note:

- Your insurance policy is a legal contract between you, your employer, and the insurance company. We, as healthcare providers, are NOT a party to that contract.
- Dr. Pedersen is not a member of any HMO, PPO, or other provider networks. Therefore, any coverage you may have for services provided in this office will be deemed "out of network coverage" by your insurance company.
- Many insurance companies will advise you that your coverage will be a percentage of the office fees (e.g. 80% of treatment charges) after a yearly deductible amount has been fulfilled. What is often not specified by the insurance company are plan fee schedules, annual maximums, and other limitations that will have a direct bearing on the reimbursement they allow. For details on your health insurance "out-of-network" chiropractic benefits please contact your insurance company directly.
- **Release of Information:** I authorize the release of any information concerning my health and health care services to my insurance companies, pre-paid health plan or Medicare.

I, the undersigned, agree to all the above Office Guidelines and Policies. I have asked, and had answered to my satisfaction, any questioned I have regarding these policies.

Signed _____ Date _____

Notice of Privacy Practices

THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

Dr. Brant Pedersen dba Positive Motion is required, by law, to maintain the privacy and confidentiality of your protected health information and to provide our patients with notice of our legal duties and privacy practices with respect to your protected health information.

Disclosure of Your Health Care Information

Treatment

We may disclose your health care information to other healthcare professionals within our practice for the purpose of treatment, payment or healthcare operations. (Example)

"It is our policy to provide a substitute healthcare provider, authorized by Dr. Brant Pedersen dba Positive Motion to provide assessment and/or treatment to our patients, without advanced notice, in the event of your primary healthcare provider's absence due to vacation, sickness, or other emergency situation."

Our filing area is monitored by staff and it is separate from the treatment rooms.

Worker's Compensation

We may disclose health information as necessary to comply with State Workers' Compensation Laws.

Emergencies

We may disclose health information to notify or assist in notifying a family member, or another person responsible for your care about your medical condition or in the event of emergency or of your death.

Public Health

As required by law, we may disclose health information to public health authorities for purposes related to: preventing or controlling disease, injury or disability, reporting child abuse or neglect, reporting domestic violence, reporting to the Food and Drug Administration problems with products and reactions to medications, and reporting disease or infection exposure.

Judicial and Administrative Proceedings

We may disclose your health information in the course of any administrative or judicial proceeding.

Law Enforcement

We may disclose your health information to law enforcement officials for purposes such as identifying or locating a suspect, fugitive, material witness or missing person, complying with a court order or subpoena, and other law enforcement purposes.

Deceased Persons

We may disclose your health information to coroners or medical examiners.

Research

We may disclose your health information to researchers conducting research that has been approved by an Institutional Review Board.

Public Safety

It may be necessary to disclose your health information to appropriate persons in order to prevent or lessen a serious and imminent threat to the health or safety of a particular person or to the general public.

Specialized Government Agencies

We may disclose health information for military, national security, prisoner and government benefit purposes.

Marketing

We may contact you for marketing or informational purposes as described below:

"As a courtesy to our patients, it is our policy to call your home on the evening prior to your scheduled appointment to remind you of your appointment time. If you are not at home, we leave a reminder message on your answering machine or with the person answering the phone. No personal health information will be disclosed during this reporting or message other than the date and time of your scheduled appointment."

"As a service to our patients, it is our policy to occasionally send a health newsletter or a flyer regarding upcoming health classes offered on our premises. It is not our policy to disclose any personal health information about your condition for the purposes of these marketing mailings."

"Occasionally we will send birthday or holiday greetings or health reminders to our patients via mail or email. It is not our policy to disclose any personal health information about your condition in these mailings."

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Notice of Privacy Practices (continued)



Change of Ownership

In the event that Dr. Brant Pedersen dba Positive Motion is sold or merged with another organization, your health information/record will become the property of the new owner.

Your Health Information Rights

- You have the right to request restrictions on certain uses and disclosures of your health information. Please be advised, however, that Dr. Brant Pedersen dba Positive Motion is not required to agree to the restriction that you requested.
- You have the right to have your health information received or communicated through an alternative method when sent to an alternative location other than the usual method of communication or delivery, upon your request.
- You have the right to inspect and copy your health information.
- You have a right to request that Dr. Brant Pedersen dba Positive Motion amend your protected health information. Please be advised, however, that Dr. Brant Pedersen dba Positive Motion is not required to agree to amend your protected health information. If your request to amend your health information has been denied, you will be provided with an explanation of our denial reason(s) and information about how you can disagree with the denial.
- You have a right to receive an accounting of disclosures of your protected health information made by Dr. Brant Pedersen dba Positive Motion.
- You have a right to a paper copy of this Notice of Privacy Practices at any time upon request.

Changes to this Notice of Privacy Practices

Dr. Brant Pedersen dba Positive Motion reserves the right to amend this Notice of Privacy Practice at any time in the future, and will make the new provisions effective for all information that it maintains. Until such amendment is made, Dr. Brant Pedersen dba Positive Motion is required by law to comply with this Notice.

Dr. Brant Pedersen dba Positive Motion is required by law to maintain the privacy of your health information and to provide you with notice of its legal duties and privacy practices with respect your health information. If you have questions about any part of this notice or if you want more information about your privacy rights, please contact: Dr. Brant Pedersen by calling this office at 408-358-5086. If Dr. Brant Pedersen is not available, you may make an appointment for a personal conference in person or by telephone within two working days.

Complaints

Complaints about your Privacy Rights, or how Dr. Brant Pedersen dba Positive Motion has handled your health information should be directed to Dr. Brant Pedersen by calling this office at 408-358-5086. If Dr. Brant Pedersen is not available, you may make an appointment for a personal conference in person or by telephone within two working days.

If you are not satisfied with the manner in which this office handles your complaint, you may submit a formal complaint to:

DHHS, Office of Civil Rights 200 Independence Avenue, S.W. Room 509F HHH Building Washington, DC 20201

This notice is effective as of the date signed below. I have read the Privacy Notice and understand my rights contained in the notice. By way of my signature, I provide Dr. Brant Pedersen dba Positive Motion with my authorization and consent to use and disclose my protected health care information for the purpose of treatment, payment, and health care operations as described in this Notice of Privacy Practices. Additionally, I authorize the release of any information contained in my health care records to my insurance company/s, pre-paid health plan, and/or Medicare.

Patient's Signature

Date

Authorized Facility Signature

Date

I, the undersigned, have voluntarily requested that Brant Pedersen, D.C. assist me in the management of my health concerns. I have understood and agree to all policies and terms provided in the Office Policies and Procedures. I understand that Dr. Pedersen is a chiropractor and that his services are not to be construed or serve as a substitute for standard medical care. Dr. Pedersen recommends that I undergo regular routine medical check-ups by my medical doctor.

Medical doctors, doctors of chiropractic, osteopaths, and physical therapists who perform manipulation are required by law to obtain your informed consent before starting treatment. I, the undersigned, do hereby give my consent to the performance of conservative noninvasive treatment to the joints and soft tissues. I understand that the procedures may consist of manipulations/adjustments involving the movement of the joints and soft tissues. Physiotherapy modalities (ex: Graston Technique, motor never stim, cold laser, etc), in-office exercises, taping, nutritional supplements/dietary recommendations, among others, may also be used.

Routine chiropractic examination and treatment involve some of the following methods:

- **Observation and Inspection:** Viewing/looking at body parts. Visualization includes general body viewing in a standing position from the front, back, and side. All symptomatic (painful) body parts may be viewed. Although not usually required, if clothing interferes with examination or treatment of an area patient gowning will be utilized. Women may request a female observer be present at any time during examination and/or treatment.
- **Auscultation:** Using a stethoscope to listen for blood pressure and other body sounds.
- **Palpation:** This means the doctor will touch you. The doctor will feel for tenderness, heat, swelling, nodularity, laxity/integrity of tissues, and other abnormalities.
- **Percussion:** Using a rubber hammer and tapping on bones or tendons
- **Orthopedic/neurological testing:** These are standard tests to assess your neuromusculoskeletal systems.
- **Muscle testing:** testing muscles for weakness and/or pain with contraction.
- **Myofascial and/or Graston Technique:** muscle work sometimes involving tools to increase flexibility and break up adhesions in muscle or myofascial tissues.

Although spinal manipulation/adjustment is considered to be one of the safest, most effective forms of therapy for musculoskeletal problems, I am aware that there are possible risks and complications associated with these procedures as follows:

Risks from Treatment

Soreness: I am aware that like exercise it is possible to experience muscle soreness in the first few treatments.

Dizziness: Temporary symptoms like dizziness and nausea can occur but are relatively rare. Please inform Dr. Pedersen if you experience these symptoms.

Fractures/Joint Injury: I further understand that in isolated cases underlying physical defects, deformities, or pathologies like weak bones from osteoporosis may render the patient susceptible to injury. When osteoporosis, degenerative disk, or other abnormality is detected, this office will proceed with extra caution.

Stroke: Although strokes happen with some frequency in our world, strokes from chiropractic adjustments are extremely rare. I am aware that nerve or brain damage including stroke is reported to occur once in one million to once in ten million treatments. Once in a million is about the same chance as getting hit by lightning. A 2009 study of 100 million person-years found "no evidence of excess risk of stroke associated with chiropractic care compared to primary care." If you have any questions about this please ask the doctor. We would be happy to discuss other options and answer any of your questions.

Physical Therapy Burns: Some of the therapies used in this office generate heat and may rarely cause a burn. Despite precautions, if a burn is obtained, there will be a temporary increase of pain and possible blistering. This should be reported to the doctor.

A thorough health history and tests will be performed on me to minimize the risk of any complication from treatment and I freely assume these risks.

(continued on next page)

Treatment Results

I also understand that there are beneficial effects associated with these treatment procedures including decreased pain, improved mobility and function, and reduced muscle spasm. However, I appreciate there is no certainty that I will achieve these benefits.

I realize that the practice of medicine as well as chiropractic, is not an exact science and I acknowledge that no guarantee has been made to me regarding the outcome of these procedures.

I agree to the performance of these procedures by my doctor and such other persons of the doctor's choosing.

Alternative Treatments Available

Reasonable alternatives to these procedures include rest, home applications of therapy, prescription or over-the-counter medications, exercises and possible injections and/or surgery.

Medications: Medication can be used to reduce pain or inflammation. I am aware that long-term use or overuse of medication is always a cause for concern. Drugs may mask pathology, produce inadequate or short-term relief, undesirable side effects, physical or psychological dependence, and may have to be continued indefinitely. Some medications may involve serious risks. We cannot advise you regarding any medication/s. Please consult your M.D.

Rest/Exercise: Simple rest is not likely to reverse pathology, although it may temporarily reduce inflammation and pain. The same is true of ice, heat, or other home therapy. Prolonged bed rest contributes to weakened bones and joint stiffness. Exercises are of limited value but are not corrective of injured nerve and joint tissues.

Surgery: Surgery may be necessary for conditions such as joint instability or serious disk rupture, among others. Surgical risks may include unsuccessful outcome, complications, pain or reaction to anesthesia, and prolonged recovery.

Non-treatment: I understand the potential risks of refusing or neglecting care may include increased pain, scar/adhesion formation, restricted motion, possible nerve damage, increased inflammation, and worsening pathology. The aforementioned may complicate treatment making future recovery and rehabilitation more difficult and lengthy.

I have read or have had read to me the above explanation of chiropractic treatment. The doctor has also asked me if I want a more detailed explanation; but I am satisfied with the explanation and do not want any further information. I have made my decision voluntarily and freely. To attest to my consent to these examination and treatment procedures, I hereby affix my signature to this Informed Consent document.

Patient's Signature: _____

Date: _____

I discussed the procedures, alternatives, and risks in conference with the patient.

Doctor's Signature: _____

Date: _____