

Fysiomanager nummer:
(in te vullen door fysiotherapeut)

Declaration regarding manual treatment for upper cervical, headaches and/or neckpain

With this form, I[name],

born on-.....-.....declare that::

- ☐ I have read information about manual treatments for upper cervical, headaches and/or neck pain and have received verbal information. I also had the opportunity to ask questions, and my questions have been adequately answered.
- ☐ I understand what the manual therapy treatment entails. The pros and cons of the proposed treatment have been discussed, along with options for other treatments or a referral.
- ☐ I have comprehended the information provided.
- ☐ I have had enough time to collaboratively decide on the treatment.
- ☐ I give consent for the proposed manual mobilization techniques.
- ☐ I give consent for the proposed manual manipulation techniques.

Date:

Signature:

.....

.....

- ☐ I declare that I have fully informed the patient about the proposed treatment, and the patient has understood this information.

Signed (Manual therapist)

Date:

Signature:

.....

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Manual therapy in the upper cervical spine for headaches or neck pain.

Patient Information

Treatment techniques that the manual therapist can use for neck and/or headache complaints include mobilization, manipulation, and exercises. These are safe treatment techniques that are effective for headache or neck pain. In this information, you will read about what mobilization and manipulation entail and why the manual therapist takes extra precautions before initiating treatment.

Appointment with a manual therapist

The manual therapist has additional knowledge about how the human body works and about the movement of the spine. With this knowledge, the manual therapist can assess and treat your complaint effectively. For each patient, the manual therapist selects a treatment that best suits the particular situation. During the initial appointment, the manual therapist discusses your complaints with you and assesses your issues through an examination. Treatment may include exercises, instructions, or advice on healthy movement and the use of manual techniques.

Mobilization and Manipulation

Manual techniques that the manual therapist can use for neck and/or headache complaints are manipulation and mobilization. Both techniques aim to restore lost mobility and/or reduce pain. During manipulation, the manual therapist moves the joint quickly and controlled, and you may often hear or feel a 'click.' During mobilization, the therapist moves the joint slowly and gently. Both mobilization and manipulation are safe ways of treating to relieve pain or reduce stiffness.

Extra Examination

The manual therapist starts with a thorough examination regarding which treatment techniques seem most effective for you and whether you may have an increased risk of side effects or complications. Sometimes patients may have other conditions causing head or neck pain, such as dental or jaw joint problems, a fracture, or excessive use of medication. If the manual therapist suspects that there may be another reason for your head or neck pain, they adjust the treatment or refer you to another healthcare provider. In very exceptional cases, symptoms may also be caused by damage or abnormality of a blood vessel, which would also warrant referral to another healthcare provider.

Side Effects and Complications

In some cases, symptoms may temporarily increase after treatment. You may experience a temporary increase in pain or fatigue. Very rarely, the manual therapist may not detect that your head and/or neck pain is caused by something other than a problem with joints, muscles, or nerves. If your symptoms are caused by an existing damage to a blood vessel, this damage may increase with treatment and, for example, cause a stroke. Fortunately, such serious complications almost never occur. The manual therapist is trained to distinguish between the different causes of head and/or neck pain.

Joint Decision and Giving Consent

Before the manual therapist starts their treatment, the process of how the treatment works, other available treatment and the expected effect of the treatment are discussed with you. Together, you decide how the treatments will proceed. Once you have created a treatment plan together, you have time to consider and agree to the proposed treatment. You then give consent by placing a signature on this consent form. If you do not consent to certain techniques, the manual therapist will not use those techniques. Of course, you can adjust these choices together during the course of the treatment.

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Zorg in beweging

Effects of Manual Therapy

The goal of manual therapy is to improve the patient's functioning by treating the joints, nerves, and muscles. The effects of manual therapy are often immediately noticeable: you feel an improvement in mobility and a reduction in headache or neck pain, allowing you to function better in daily life.

Summary of the Dutch Association for Manual Therapy© (NVMT) September 2022