

Financial District Chiropractic

Dr. Kai Tiltmann, DC
McGill Method Provider

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*Providing unique solutions for patients with
non-responsive chronic low back pain*

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McGill Method Patient Assessment performed by Dr. Kai Tiltmann, DC

INFORMATION, CONSENT and FEE FORM

GENERAL OUTLINE

You are seeing Dr. Kai Tiltmann for an assessment of your mechanical low back pain. Since every patient is different we will decide as to which tests to perform as we proceed. The general procedure is to begin with a patient history to determine relevant medical and physical activity history. Tests will be performed to determine the cause of your pain triggers and identify strategies for you to remove those triggers and provide some appropriate therapeutic exercises. Data from this assessment will be retained by Dr. Tiltmann and provided in a report for you and your doctor (if desired) who arranged the evaluation. **At any time during the session feel free to ask questions, express concerns regarding your health, or the type of task being performed.**

PROCEDURES, BENEFITS AND RISKS

History:

The interview consists of questions to help determine what motions, postures and loads exacerbate your low back pain, which you tolerated well and the ones that provide relief. The intake packet will provide you with the opportunity to spend time at home and answer the questions without the pressure of the office visit. Dr. Tiltmann will review your detailed history and inquire further about the information provided.

Examination and Testing:

These back specific tests are intended to quantify how your back moves together with the specific pain causes. You will be requested to adopt certain postures to see if they cause discomfort together with some very light loading activities. For example, different sitting postures can reveal different sources of back pain. You will know if they worsen, or help your back pain and we ask that you indicate this to Dr. Tiltmann. With your permission we may ask to take photos of some specific features of your back or your medical images (CT, MRI, X-rays) but no one will be able to identify that they belong to you. If you wish to have a break at any time please let Dr. Tiltmann know.

Risks:

Please be aware of the possible risks associated with this evaluation. **There is a possibility that you will be sore after the assessment and for the next day.** This happens on occasion but is rare. Dr. Tiltmann will demonstrate each test to you. **Please inform us at any time if you are feeling uncomfortable. Ask any questions that you have at any time.**

Consent of Participant

I have read the information presented above about the procedures and risks involved in the assessment and have received satisfactory answers to my questions, if any. I am aware that I may withdraw from the assessment at any time. I can revoke my consent for use of photos at any time by contacting Dr. Tiltmann. With full knowledge of all forgoing I agree, on my own free will, to participate in this assessment.

Time and Fees

The *McGill Method Assessment* is a unique approach to assessing and soliciting pain sources and triggers not found in other health care specialties. As such, extensive training and expertise are required to become proficient in becoming a *McGill Method Provider*. Each provider has the full confidence of professor McGill and has been personally trained by Dr. McGill to assess the pain mechanism, demonstrate correct movement and exercise patterns and develop a foundation for pain-free movement. To date there are only 19 providers worldwide with 5 in the United States.

Each assessment will be either 3 or 6 hours in length and include: a history, assessment, and coaching. A written 3-4 page report will be provided within 2 weeks.

Fees:

3-hour McGill assessment is \$1994.00 and includes the 3-4 page report that recaps the visit.

6-hour McGill assessment is \$3493.00 and includes the 3-4 page report that recaps the visit.

Follow-up visits are \$249.00/30minute increments and charged when making the appointment.

All fees are in US dollars and fully refundable if appointment is cancelled up to 30 calendar days before the appointment. Any cancellation with less than 30-days notice will incur a late cancellation fee of \$499 for a McGill assessment and \$249 for a follow-up visit.

All prepaid fees are fully refunded if Dr. Tiltmann cancels the appointment for any reason.

I agree with these terms and fees.

Name: _____ Date: _____

Signature: _____