

OFFICE POLICY

SPINAL CHECK-UP:

- We recommend everyone have their spine checked early for spinal problems. Prevention is the best medicine.
- Children especially to see if their spine is developing abnormally? A spinal check-up is easy and fun for kids.

WE ALSO OFFER:

- Supplements, ice packs, nutritional/exercise counseling, custom orthotics.
Please ask if you have any questions about these services!

AGREEMENTS FOR TOP RESULTS:

- Remember it takes time and effort to improve your health. *No time + No effort = No results*
- Please keep your appointments and make-up any missed or rescheduled visits within a day whenever possible.
- Please call if you are going to be late or need to reschedule.
- Feel welcome to refer your family and friends in for care. We are here to help them too.
- If you're paid ahead, understand you will get any unused money back if care ends early.
- I agree to allow my/family name, photo, video, or testimonial to be used during the normal course of business.
- I understand that adjusting time is for adjustments and I can always talk to the Doctor by special appointment or phone call. He is here to help you any way he can. We want you to do great! 😊

OFFICE VISITS MAY INCLUDE:

- **Specific Chiropractic Adjustments** to promote mobility, stimulate tissue, enhance alignment. This is when the Doctor works directly on your neck or back, sometimes making a popping sound. \$40.00-\$60.00
- **Extremity Adjustments** to promote mobility, stimulate tissue, enhance alignment of extremity joints. \$35
- **Intersegmental / Mechanical traction** to tense / relax soft tissues, aid healing and mobility. This is the black table with the rollers that effectively extend, stretch, and traction the spine. \$25
- **Heat** for sub-acute or chronic conditions. The digital heat pack used on the area of concern. \$10
- **Cold** to reduce swelling, this is the ice pack used on the area of concern. \$10
- **Electric Muscle Stim.** To control swelling, modulate pain, tone muscles. \$18
- **Manual Therapy / Manual Traction** to modulate pain, increase flexibility, reduce swelling, mobilize soft tissues. This is hands-on work to your spine or other joints, performed by the Doctor. \$25
- **Therapeutic Exercises** to improve spinal flexibility, strength and motion. These are stretches or exercises that you perform or the Doctor administers to you. Excellent for the neck, mid, and lower back. \$33 per unit
- **Neuro Muscular Re-Education** to develop and improve coordination and balance, as well as promote flexibility and strength. An example is the Wobble chair the Doctor has you exercise with. \$33 per unit
- **Home and / or Work** Activity of Daily Living Counseling \$50
- **Supports/Pillow/Braces** if needed and as priced.

Patient: _____ Date _____ Staff _____