

## 1st visit



### Welcome

Upon arriving at Back2Balance, you will be greeted by our friendly staff who will assist you with check-in and clarify any doubts you may have. Afterwards, you will be directed to our comfortable waiting area where you can relax while waiting for your appointment.



### Tour

During our tour of the clinic, we will show you the different areas where we provide chiropractic care; we will also demonstrate some of the equipment we use and answer any questions you may have, so you can get a better understanding of our practice and feel comfortable with our services.



### How can we help?

Next you will sit down with the doctor where he will take the time to listen carefully to your concerns, symptoms, and goals. He will ask you questions about any past injuries, illnesses, or surgeries, and discuss any current medications or treatments you may be undergoing. This helps us to better understand your unique needs and develop a personalized plan that addresses your specific concerns.



### What do we do?

We will take the time to explain our approach to your care, which centers on finding the underlying cause of your symptoms and addressing it directly. We will also discuss the importance of spinal health and how it affects overall wellness.



### Examinations

Our highly trained assistants will then use advanced diagnostic technology to perform a variety of tests to assess your spinal health. This includes a posture evaluation using digital imaging and neurological tests to evaluate the function of the nervous system and identify any potential areas of concern.



### Chiropractic Evaluation

The doctor will conduct a thorough examination of your spine. This may involve hands-on evaluation to assess the alignment and mobility of the vertebrae. The doctor will also check for any areas of tension or tenderness in the muscles and surrounding tissues.



### Checkout

At the end of the first consultation, you will checkout and schedule your next appointment.

## 2nd visit



### Welcome Back!

Upon arriving for your second visit, our staff will guide you to the consultation room for your report when it is your turn.



### Report and Recommendations

The doctor will discuss with you whether he may accept you as a patient or not. If so, he will provide you with a report detailing the recommended plan of care, which will include the frequency and duration of adjustments, recommended exercises or lifestyle modifications, and an expected timeline for improvement.



### Exam Results

Your examination results will then be discussed in a simple and concise manner with the objective of fully understanding the underlying cause of your problem.



### 1st adjustment

After your report, you will accompany the doctor to the adjusting room, where you will receive your first adjustment. In cases which an adjustment is not clinically indicated, this will not be performed, and your visit would be completed.



### Checkout

After your adjustment you will complete your visit at the front desk:

- Discuss the financial options for your plan of care.
- Decide the best times to schedule your future visits.

## Chiropractic Care Plan



### Regular Visits

The regular adjustment visit is designed to be quick and efficient, so you can save valuable time for the things you care most about in your life while still receiving the chiropractic care you need to maintain optimal health and wellness.

The chiropractor will briefly check in with you and assess any changes or concerns since your last visit. Then, they will perform a chiropractic adjustment, which typically only takes a few minutes to complete.



### Exercises

During some of your chiropractic visits, our chiropractor may recommend specific exercises to help you improve your spinal health and maintain the benefits of your adjustments.

These exercises are tailored to your individual needs and goals and are typically sent to you via email with a video link demonstrating the movements.



### Periodic Evaluations

Periodic re-examinations are relatively simple but are designed to carefully monitor your progress and ensure that your care plan is still effectively addressing your needs.

By conducting these periodic assessments, our chiropractor can make any necessary adjustments to your plan and help you achieve optimal spinal health over the long term.



### Progress Reports

At Back2Balance, we provide progress reports to show our patients how they are improving over time with their chiropractic care. These reports include objective measures of spinal health such as range of motion, posture, and neurologic function, as well as subjective measures such as changes in symptoms and overall well-being.



### Future Recommendations

We believe in the importance of maintenance and preventative chiropractic care to help our patients achieve their long-term health and wellness goals. Future recommendations for ongoing care help our patients maintain their spinal health and prevent future problems. These recommendations may include regular adjustments, exercises, and lifestyle modifications that are tailored to the individual needs and goals of each patient. Our focus on maintenance and preventative care reflects our commitment to helping our patients achieve their goals and enjoy a healthy, active, and pain-free lifestyle.