

Theriot Family Chiropractic Center

Office Policies & Procedures

- 1. Symptoms:** Regardless of the reason you came to our office, it is important to understand the difference between symptoms and their cause. **As your spine is corrected you will have good days and bad days.** Don't get caught up in this roller coaster; it is normal. You will be happiest and get the best results if you understand that this is a process designed to get you functioning at your peak level and get you on the road to wellness. **This takes time and is a lifelong process.** Stay focused on this outcome so you are pleased with your results and can enjoy the journey.
- 2. Appointments:** A certain number of adjustments in a given time period is necessary to get the best results from your care and create wellness in your life. While we can't predict the exact number of adjustments you will need, we do know that consistency creates the best results. Therefore it is absolutely necessary that you keep your appointments. If you need to change an appointment, please call in advance to reschedule it within 24 hours so you stay on target for wellness. It is your responsibility to get here. We will do all we can to accommodate you.
- 3. Daily Visit Procedure:** Each time you arrive for your adjustment, sign in and have a seat in the reception room until you are directed to an adjusting room by the front desk chiropractic assistant. Once the doctor learns your spine, your adjustments will take only a few minutes and will be very focused. Please help keep things moving by laying down quietly and relaxing for your adjustment. Our environment allows you to receive your care quickly and efficiently with minimal waiting.
- 4. Dynamic Examinations:** During your Initial Intensive Care you will receive several Dynamic Examinations to monitor your level of spinal correction. On this visit you will fill out an Update Form and be taken to the Exam Room. All the findings from your initial visit will be retested. Plan on spending approximately 30 extra minutes on these days. There is an additional fee for this visit unless you are on a Prepayment Plan that is all inclusive. Immediately following your Dynamic Examination, the doctor will discuss your results with you. At the end of your Corrective Adjustment Plan you will receive recommendations for a Wellness Adjustment Plan to help you stay as healthy as possible.
- 5. New Patient Orientation (NPO):** This is the single most important visit we provide because it is where you'll learn how to get the best results from Chiropractic. **It is our policy that you attend one NPO within the first 2 weeks of care.** We recommend that you bring your spouse, a family member or friend with you so you create a support group who understands what you're going through and keeps you focused on your desired results. Also, if you know anyone else with a health problem, or is committed to a wellness lifestyle, our NPO would be a great way to introduce them to our office and chiropractic without any obligation or financial commitment. **The fee for your orientation is included in your exam fees.** It is held on Tuesday evenings at 5:00. If you can't make it to the NPO, we will be happy to spend time with you for an individual orientation, however there will be an additional charge.
- 6. Exercise:** Many people try to correct their spine with exercise. Research shows that people who exercise on an injured spine that has healed improperly will tend to experience more rapid deterioration of their spinal bones, discs, and nerves. **However, when you exercise in conjunction with your Chiropractic adjustments, you will find that your spine will improve more quickly and your athletic performance will be dramatically enhanced.** We recommend that you do some type of aerobic exercise, such as walking, at least once a day.
- 7. Nutrition:** Good nutrition is important to maximize your health and healing capacities. A diet filled with fresh fruits and vegetables will fulfill your nutritional needs on a daily basis. For more detailed information on nutrition, you can schedule an appointment with the Doctor for a nutritional consult.
- 8. Results:** We are very results oriented, however many factors that we have no control over affect how quickly you respond to your care. These include your age, occupation, how long you have had your vertebral subluxations, and how many subluxations are present in your spine. Regardless of these circumstances, your body has an incredible ability to heal itself. The recommendations we make will consider these factors along with the current condition of your spine. We will do all we can to get you to Wellness Care as quickly as possible.

PATIENT: _____ DATE: _____

**Congratulations on choosing Chiropractic.
Follow through with your family, and enjoy the
health benefits that come with
a Chiropractic Lifestyle.**