

PRAVO Wellness Centre

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 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, check in and have a seat in the reception room until you are directed to go to the adjusting room, place a piece of face paper on the table, lay down on your stomach and relax until the doctor arrives.

 4. Progress Examinations: During your Initial Intensive Care you will receive several 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 15 extra minutes on these days. There is an additional fee for this visit unless you are on a Prepayment Plan that is all inclusive. On your next scheduled appointment following your Progress Examination, the doctor will sit down with you to discuss your results. At the end of your Initial Intensive Care plan, you will receive recommendations for a Wellness Adjustment Plan to help you stay as healthy as possible.

 5. 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.

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PATIENT: _____ **DATE:** _____

WITNESS: _____

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