

## **MISSION: WE ARE HERE TO RID YOU OF PAIN & BOOST YOUR PERFORMANCE.**

### **Common Questions and Answers**

#### **How do we treat your pain?**

Skeletal Balancing with Muscular Integration is the short answer.

Most pain (about 95%) comes from problems in our joints & muscles. These problems can irritate nerves, which then tell our brain that something is wrong.

We help joint pains by making sure they move freely, and your bones are aligned properly, kind of like the wheel alignment on a car. The main chiropractic techniques we draw from include spring-loaded instrument (activator), drop table, and manual style (diversified).

The other culprit that can often produce pain is the muscles. They attach to bones to move them. Muscles respond to pain and injuries, even when caused by repetitive stress like typing or sitting. They contract and get hard to the point of muscle spasm, or shut off and don't fire as well. Over time, this creates scarring, which acts like glue making us feel stiff and sore.

When muscles are the source of your pain, we may massage them using specific techniques, such as deep tissue, trigger point therapy, or neuromuscular reeducation that are designed to efficiently help with pain and increase muscle function.

To assist with the body's self healing mechanism, we may use a therapeutic laser on injured or weakened areas. This manner of

treatment boosts the energy molecule that the body uses to heal itself - recent medical studies show it can cut healing time in half!

We further help by teaching you a variety of stretches and other self-help remedies such as the use of a foam roller or even the application of KinesioTape. Strengthening exercises that target weakened muscles are designed for you personally, to fit your needs and preferences. We incorporate weighted balls, Swiss balls, balancing mat exercises, the use of biofeedback devices and more to keep that 'boring' stuff interesting, engaging and fun.

It is our purpose to help your pain go away and empower you to be happy in and with your body. We'll employ any tool needed to get you there... for some people that can mean additional therapies such as nutritional or supplement counseling, the use of homeopathics & botanicals, or Bach Flower essences to help an underlying psychological trauma.

The main goal is to get you better as quickly as possible and keep you well for as long as possible. The first step in that process is an evaluation to properly diagnose your problem and then start with treatment if indicated right away.

#### **What conditions are treated?**

Acute & chronic problems such as spinal conditions including low back pain including:

- Sciatica, Upper Back, Neck pain, Whiplash, Headaches including migraines.

Conditions involving the extremities including:

- Shoulder Injuries, frozen shoulder, rotator cuff injuries
- Tennis elbow

- Carpal Tunnel Syndrome & other wrist pain
- Hip conditions (ex. hip bursitis or osteoarthritis)
- ITB syndrome, Patellar Tendonitis in knee
- Ankle sprains, Plantar fasciitis in the feet.

We can aid in most conditions where pain be related to the joint or muscle, and the patient is not dealing with fracture, infection, or a more serious condition, such as a tumor.

**What is the average number of visits to expect?**

Depending on severity and your own goals, resolving a problem in most cases takes between 3 - 6 treatments. If complete rehabilitation is desired, treatment options may take longer, however this depends on patient involvement and commitment level.

Acute episodes of pain may require us to request to see you more often, based on your pain levels. Our goal is to reduce your pain consistently and steadily, and reduce the severity of pain returning once we begin treatments. This will aid in the healing process by avoiding re-inflaming the problem area.

Expect to return 2-3 times during the first week initially, followed by a less rigorous schedule the following week(s). All cases are different, so this example may be subject to change based on your situation.

We feel that education of the patient is an important foundation, and that this education will assist them in being better stewards of their bodies. It is also our belief that the more our patients know about body mechanics, the less risk for injury and the higher the chances for an active, pain-free lifestyle.

**How much does is cost?**

Initial Visit                      \$60 (evaluation with adjustment)

Single Treatment                \$80

Treatment Series packages:

3 visits (\$70/visit)            \$210

6 visits (\$60/visit)            \$360

(Packages paid in full at inception & patient is under treatment plan)

No Show or cancellation for all appointments within 24 hours is charged at \$30.

**How long does each appointment take?**

Patients are scheduled every 20 minutes. Each treatment will last between 15-30 minutes.

**What do I wear to an appointment?**

Generally speaking, there is no need to wear special clothing, however we do find that loose fitting and comfortable clothing works well. Jeans and dresses can make treatment more challenging.

**Is insurance accepted?**

We try to work with your insurance and accept many plans at this time. Insurance will pay for crisis care and disease management mainly and less and less offers paying for more extensive services that are sometimes necessary.

Insurance can be confusing and is complex due to lack of uniformity. We are happy to check your benefits; however it is the patient's

responsibility to verify coverage deductibles and benefits available. It is our policy that we need to generate our self-pay fees. This is ultimately the insurance and your responsibility.

Cash co pays are due at time of visit. For your convenience, we accept all major credit cards.

### **Post treatment?**

The work provided can be a profound re-adjustment for your body. Sensitivity needs to be given to that. We may recommend that you limit participation in rigorous athletics, and focus initially on the cardiovascular end of the workout. As treatment progresses, targeted exercises will be prescribed to assist in your muscular rehabilitation. Once stability is created, regular athletic activities can be resumed.

### **What about kids?**

As kids begin to grow, their musculoskeletal system changes. This is a process that can be uncomfortable and painful at times. Injuries and 'tweaks' of our motion apparatus can pain us at any time of our lives. Kids get injured as we do, it often is just more acute and less chronic. Proper rehabilitation for those injuries is as important then as it is when we get older. Additionally, I think it very important to teach the young generation properly from the start of how to be a good steward of their muscles & bones.

### **Are You Accepting New Patients?**

Yes, we love new patients! And your referrals are the highest compliment a practice could ever receive! 😊

### **What forms of payment do you accept?**

We accept cash, check or credit card at the time of service. Insurance is also welcome.

### **Final Note:**

We care about our patients, and we are here to serve. Please email, text, or call us with questions or comments. Your health and wellness experience is our top priority. Help us make it the best it can be by contributing to our community blog or follow us on: facebook, twitter, instagram, and/or youtube.