

# What to Expect on Your First Visit

## **First Visit**

On your first visit, expect to spend about 30 minutes with us. Upon entering our office, our staff will welcome you as a member of our family.

### *Patient Forms*

If you have not already done so, we will request that you complete our new patient forms located in the New Patient Center of our website. This paperwork provides us with general personal information and information on your health history. After completing your paperwork we'll show you a short 5-minute video.

### *Examination*

Next, you will meet with one of our Chiropractic Assistants to discuss your health concerns and go over a detailed health history. This initial visit is designed to help us learn more about you, the condition of your spine, and your expectations to determine how chiropractic care can meet your goals.

During this portion of your visit, the Chiropractic Assistant will perform a complete chiropractic examination including postural screening, and spinal thermal imaging. Nothing will be done in our office without your consent.

### *X-Ray Studies*

Depending on your specific condition, we may take X-rays as well. X-rays help us develop the most effective treatment plan for you, and alert us of any serious spinal conditions. Most people are amazed once they see their x-rays up close.

After your first visit we will need some time to analyze your x-rays and compile our exam findings. This usually takes only one or two days. This two-visit approach accomplishes several things: Reduces the length of your first visit, gives us time to correlate our findings, and avoids overloading you with too much information.