



## Participation Policies & Procedures To Optimize Your Results

\_\_\_\_\_ **1. Symptoms:** Regardless of the reason you came to our office, it is important to understand the difference between symptoms and their cause. During your Crisis Care phase, 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 to heal quickly, stabilize your spine and get your body functioning at its highest level. This takes time. 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. 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. It is your responsibility to get here. If you need to change an appointment, please call in advance to reschedule it for a different time the same day or at least 12 hours prior to your appointment to reschedule to a different day. Failure to reschedule 12 hours prior will result in a \$25 fee. We will do all we can to accommodate you if you need to change an appointment.

\_\_\_\_\_ **3. Daily Visit Procedure:** Each time you arrive for your appointment, sign in at the front desk with your patient number \_\_\_\_\_ and have a seat in the reception room until you are directed to either an adjusting room or therapy by the front desk chiropractic assistant. The doctor will be in to adjust you shortly. Once the doctor learns your spine, your adjustments will take only a few minutes and be very focused. Our office environment allows you to receive your care quickly and efficiently with minimal waiting.

\_\_\_\_\_ **4. Re-Exams:** During your Crisis Care you will receive Re-Exams to monitor your level of progress. On this visit you will fill out any necessary disability indexes and any necessary x-rays will be taken to review progress. All the findings from your initial visit will be retested. You should plan on spending approximately 30 extra minutes on these days. There may be an additional fee for this visit. Following your Re-Exam, the doctor will sit down with you to discuss your results and recommendations to help you achieve optimum health and maximize the quality of your lifestyle.

\_\_\_\_\_ **5. Exercise:** Many people try to correct their spine with exercise. Research shows that people who exercise on an unhealthy or injured spine, may 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 when you exercise, you include all 3 components of the ESS: Endurance, Strength and Structure, as outlined in The 100 Year Lifestyle Workout book.

\_\_\_\_\_ **6. Nutrition:** Good nutrition is important to maximize your health and healing. A diet filled with fresh fruits and vegetables will fulfill your nutritional needs on a daily basis. Dr. Wallin may recommend any one, or a combination, of our supplements that we offer.

\_\_\_\_\_ **7. Results:** We are very results-oriented, however many factors that we have no control over may 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 Lifestyle Care as quickly as possible.

**PATIENT:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**WITNESS:** \_\_\_\_\_

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