



Stackpool Chiropractic, s.c.

LIFETIME FAMILY WELLNESS

262-248-6700

Monday	9:00 - 12:00	2:30-6:30
Tuesday	Closed	
Wednesday	9:00 - 12:00	2:30-6:30
Thursday	2:00 - 6:00	
Friday	9:00 - 12:00	2:30-6:30
Saturday	8:00 - 9:00	

The Process: 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.

Appointments: A certain number of adjustments in a given time period is necessary to get the best results 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.

Daily Visit Procedure: Each time you arrive for your adjustment, please stop at the check-in station. Sign your name on the white tape located on the "e-pad", to the right of the monitor. Choose the method you would like to check in by touching the finger print or pin on the touch screen. Follow prompts. Close out the screen by touching the close button and proceed to the adjustment area. Turn off your cell phone and place your personal belongings on the counter to the right of the computer. Please lie down and take 3 deep breaths. Allow our body to fully relax onto the table. When the adjustment is finished, relax a few seconds before getting up. Before leaving the adjustment area, we ask that you would remove your own face paper.

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 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. Immediately following your Dynamic Examination, the doctor will sit down with you to

discuss your results. 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.

Your Health & Chiropractic Orientation: This is the single most important visit we provide. We have found that patients, who attend this 45 minute class become proactive in their health, respond more quickly, have fewer relapses and spend less money on their health care. We recommend you attend at least one. They are offered every Monday at 6:30pm. Please register at the front desk.

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.

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. Water will help keep your joints and discs hydrated. Follow any nutritional recommendations made by our doctor for optimal results.

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 Wellness Care as quickly as possible.

Massage Therapy: The doctor may recommend you receive therapeutic massage for muscle spasms, adhesions or scar tissue formation on long term subluxations. Insurance does not cover this service. There is a fee for these visits not included in your care plan. If you must reschedule a massage appointment, a 24 hour notice is required. If you miss your massage appointment without a 24 hour notice, your account will be charged 50% of the massage fee.

**Congratulations and welcome to Stackpool Chiropractic.
Follow through with your family and enjoy the
Health benefits that come with a
Chiropractic lifestyle.**