



Maximizing Your Care!

1. *We recommend patients to be lying down on the adjusting table prior to their adjustment.* Research has shown that this helps you relax and your body therefore accepts and holds the adjustment much better. The adjustment is far more effective and healing occurs faster.
2. *Private suite vs. open area.* We have both areas available for your use. We want you where you are most comfortable. If your preference changes at any point please let us know.
3. *We encourage patients to schedule a series of appointments.* This allows you to choose times that enable you to make the appointments part of your routine and to produce better results from your care.
4. *We are concerned with your symptoms however we focus on whether or not you have nerve interference.* Symptoms may or may not be discussed on every visit because pain only accounts for less than 10% of the function of your nervous system. Don't base your health on the presence or absence of pain.
5. *Any missed appointments must be made up.* The success of your chiropractic care depends on you maintaining the recommended adjustment schedule. This will produce the best results for you in the shortest amount of time possible. We thank you for keeping your appointments.

Less Force. More Life

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