

Most people come to our office because of an initial problem that may or may not be painful, and all wish to improve their well-being. Your specific needs determine the type of care provided on the first visit. We want to help your body begin its healing process as soon as possible.

After the Report of Findings (see above), pain-control treatment might include spinal adjustments, modalities (ice, heat, muscle stimulation, traction, stretching, etc.), electro-acupuncture, and manipulation of soft tissues (including massage and specialized techniques). Our treatment plans go beyond the "band-aid" approach. We'll help you with acute pain; and get started on a plan for healing and keeping you healthy.

Your health is something that can only flourish if you are a part of your own health-care team; for this reason, the doctor often makes recommendations for work, home, the playing field, etc. If you have any questions or concerns as to what we are doing, or why, feel free to ask. We want you to get (and stay) healthy, and to tell your family and friends about the excellent care you received here!

### **How Many Visits?**

This depends on your goals. If your goal is to get out of acute pain, then it should only take a few visits; however, health is more than the absence of pain. It takes time for a problem to arise, and time for your body to heal and rebalance. Our average case takes several weeks before we have made long lasting change, and it is not uncommon for a long-term problem or severe trauma to require months of care for correction. After a full course of chiropractic care has you back on track, we offer Wellness Care. This sort of care is similar to automobile maintenance: tune-ups, alignments, and balancing make injury and illness less likely.

### **How much will this cost?**

Our financial policies are designed to make your health care affordable. If you have insurance, we will file it for you. If your case requires special documentation (such as personal injury, worker's compensation, Medicare), we will assist you in filing the appropriate forms to minimize your personal financial obligation. Unlike most offices, our current fees are posted in plain view (on the wall at the front desk). Nobody likes an unexpected bill, so please review our fee schedule. Though the front desk staff cannot predict what the doctor will recommend for you, they can tell you average costs for initial visits. Please, feel free to ask.

### **Leaving the Office**

We record your schedule for care; provide you with items (referral list, durable medical equipment, supports, etc.) prescribed by the doctor; and arrange payment in accord with office policy.

*Thank you for choosing Performance Chiropractic*

1307 Jamestown Road; Suite 103, Williamsburg  
727 J. Clyde Morris Blvd., Newport News

Performance Chiropractic  
**Welcome to Our Office**

Patient Signature \_\_\_\_\_ Print Name \_\_\_\_\_ Today's Date \_\_\_\_\_  
*If patient is under 18 years old, parent or guardian must sign : \_\_\_\_\_*