

Performance Chiropractic, LLC

State of the Art, With a Caring Touch

Welcome to Our Office!

New patients are asked to take a few minutes to fill out forms. These include the office financial policy, questions about your health, and any additional papers (personal injury; worker's comp.; Medicare) which might apply to you. The reason for this procedure is to better evaluate your health needs today, and also to let you know what to expect from us. We will happily address any questions you may have.

History & Consultation

The doctor will discuss your personal health history and specific reasons for coming to this office today. We believe that a thorough history guides diagnosis; in fact, many doctors believe that a proper history is 90% of an accurate diagnosis. The consultation's purpose is to discuss your health problems, to discuss your expectations for care, and to determine if your needs can be met by the professionals in this office. The history and consultation is made as complete as possible prior to the examination; it is your time to have "the big ear" listen.

The Examination

After giving you a chance to change into a gown or other appropriate clothing, the doctor performs tests which may include: vital signs, palpation, orthopedic and range of motion testing, neurological evaluation, focused regional and/or systems examination, specialized chiropractic analysis, and special tests. We employ diagnostic x-ray as indicated, and refer for advanced diagnostic testing such as labwork or MRI/CAT Scan as appropriate. Many people feel nervous about having a doctor perform tests which they do not understand; for this reason, the doctor performs a "talking examination." This examination is designed to be considerate of your needs and privacy while remaining efficient and thorough. A thorough examination helps us figure out what's wrong, and whether or not we can help. If your problem(s) are not within our usual scope of care, we maintain a list of top specialists in the area who are capable of assisting you. Often, we "co-manage" such cases; for example, your orthopedist might monitor your broken leg while we treat you chiropractically.

Report of Findings

The Report of Findings ("ROF") is designed to answer questions that you have a right, and need, to know:

1. What's wrong with me? 2. Can chiropractic help? 3. How long before I'm better? 4. How much will this care cost? A proper ROF takes time. The doctors need to review your Examination results, and they want to set aside time to answer your questions. For these reasons, we routinely schedule the ROF either the next day, or (if you are in acute need) later the same day. You will NOT be adjusted before your Report of Findings.

continued

Treatment

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

Performance Chiropractic
1307 Jamestown Road; Suite 103, Williamsburg

Welcome to Our Office
Updated: 03.19.08

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