



KOEHLER SPORTS AND SPINAL REHAB LTD.

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Welcome back to Koehler Chiropractic Sports & Spinal Rehab!!!

Today your doctor will explain to you the results of your examination and x-rays and offer you choices for appropriate care—this is the day that you begin to benefit from chiropractic care!! Today's visit takes approximately 60 to 75 minutes and here is what you can expect:

1. **Video**—You will see a short video that will help you better understand the results of your first visit, as well as your doctor's recommendations for care.
2. **Report of Findings**—You will see your x-rays and your doctor will explain them in detail. Your doctor will also review the results of your examinations and offer you recommendations for treatment that are designed for your unique spinal/health problem.
3. **Expectations**—Based on his or her clinical experience, your doctor will explain your prospects for recovery and what you can do to help speed the healing process. Over time, both your doctor and our staff will give you their various recommendations designed to help correct your problem, avoid relapses in the future and to better manage your particular health complaints.
4. **Questions**—We encourage all of our patients to ask questions!! In order for you to fully understand the nature and severity of your condition, as well as your diagnosis and treatment plan, it is imperative that you do this! Remember—no question is a dumb question when it relates to your wellbeing.
5. **Spinal Adjustments**—This is the method that chiropractic physicians utilize to reduce your pain and restore normal motion and your health.
6. **Adjunctive Procedures**—If necessary, your doctor may also recommend the application of physical therapy procedures such as electrical muscle stimulation, ultrasound therapy or therapeutic exercises to help reduce your pain and correct and manage your problem/ problems.
7. **New Patient Workshops**—You will be asked to attend a New Patient Workshop where a discussion will be held to explain how your body gets sick and how your body heals. The workshop generally takes 20 to 30 minutes and is held in the evenings or over a lunch hour at our office. It is very important that each patient, a spouse, a friend or a relative attend this workshop. It is offered to you at no charge and it is a very important element in your care and healing process.
8. **Future Visits**—Your Report of Findings and your second visit is now complete! Based upon your specific care recommendations, future visits typically take 10 to 30 minutes.