



## **KOEHLER SPORTS AND SPINAL REHAB LTD.**

**THOMAS D. KOEHLER D.C., C.C.S.P.**

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### **We would like to welcome you to Koehler Sports & Spinal Rehab and AHHH...Massage!!!**

To ensure that your first visit with us is a pleasant one, here are the procedures that you can expect during the next 90 to 120 minutes with us:

1. **Paperwork**—None of us like to complete paperwork and because of this, we have tried to condense as much paperwork as possible so that you will have a minimum amount to complete. The purpose of the paperwork is to help and allow us the opportunity to get to know you and to use this information to help formulate the best possible care program for you. You will also be given a copy of our written financial policies and some other general information, including a biography on your doctor/provider.
2. **Video**—To acquaint you with our office and to explain how we help our patients regain their health, most patients will see a short 8-minute video of what to expect on their first visit to a chiropractor's office.
3. **Consultation**—You will meet with your doctor or staff and we will review your health history, as well as ask detailed questions on the nature of your problems.
4. **Examination**—Your doctor will perform a comprehensive physical, orthopedic, neurologic and chiropractic evaluation that will be utilized to determine the cause/causes of your problems.
5. **X-rays**—All necessary x-rays will be taken to visualize the location of any spinal problems, reveal any pathologies (diseases) and make your chiropractic care more precise.
6. **Correlation**—Prior to receiving any chiropractic care, the doctor must study the results of your consultation, health history, examination and x-rays to determine if you can benefit from chiropractic care. Following your first or initial visit, most of our patients are given a follow-up appointment that includes a Report of Findings. Your doctor will use this time to review in detail all of the above and to formulate specific care recommendations for your specific problem/problems.
7. **Adjunctive Procedures**—To decrease pain and to begin the healing process, your doctor will suggest various procedures such as the application of ice, moist heat, stretching/ exercise recommendations, prior to receiving any chiropractic care in an effort to help reduce inflammation that will allow us to treat and get the best possible results from your adjustment/treatment.
8. **Future Visits**—Your first visit is complete!! Your follow-up visit with the doctor to discuss your Report of Findings usually takes approximately 60 minutes. You should plan to spend about this much time on your follow-up visit. If your problem is determined to be a chiropractic problem and you begin chiropractic care, this will usually take place on your second visit. Following your second visit and your Report of Findings, typical visits usually last about 20 to 30 minutes.

**Note:** Some of our patients may receive an adjustment on their initial visit to our office and some may not. Your doctor will determine which is best for you!