

What Can I Expect?



By consulting our practice, you're taking an exciting first step toward better health.

Chiropractic care is different. It is this difference that offers new ways to get well and stay well. We've helped a wide variety of people.

So, the first thing we offer is hope. You'll receive plenty of that here!

We've prepared this information so you'll know what to expect on your first visit.



Join millions who have been helped with safe and natural chiropractic care.

# first visit



## Safe and Natural



Chiropractic is a team approach to better health. As you enjoy results, tell those you love. Explain how millions enjoy relief and better health by restoring the integrity of their spines and nervous systems with safe and natural chiropractic care.



Johnstone Chiropractic  
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# Chiropractic: Without

You'll meet the doctor after filling out some brief paperwork describing you, your health history and your health goals. We offer this initial consultation so we can both get to know one another."

If you're a good candidate for chiropractic care and we think we can help, an examination follows. We'll study the way you turn and bend. We may test your reflexes. These and other physical, orthopedic and chiropractic tests help us locate areas of your spine that could be the cause of your problem.

Our examination is thorough and will put you at ease.



We'll conduct a thorough examination to uncover the possible cause(s) of your health problem.



**Will I have to get X-rays?**

X-rays and other types of images can be helpful. Pictures of your spine, especially after trauma, can confirm our other findings and make your care more precise. We can tell if we need them after completing our other examinations.



**Will I receive any medication for my pain?**

No. Chiropractors don't dispense drugs. Because we rely on natural methods, ask for directions on how to use ice to control any painful symptoms. Ice, when properly applied, can have an analgesic effect without the side effects associated with pain medications.

# Better Health Drugs or Surgery...

We'll study the results and give you a complete report of our findings.

We'll show you what we found and the conclusions we've reached. If we find that you'd benefit from consulting a different practitioner, we'll make the proper referral.



We'll advise you if any type of diagnostic images will be needed to complete your examination.

**How long until I feel better?**

Some patients experience almost instant relief. Others discover that the healing process can take months, sometimes even years. Every patient recovers at his or her own pace. Factors which can affect the healing process include your age, your overall health condition, muscle tone, diet and even your attitude.



After we explain what we've found and the conclusions we've reached, we'll make our recommendations and offer you the choices.

Otherwise, we'll recommend a program of specific chiropractic adjustments. With a plan in place to fulfill your health goals, future visits will take just minutes. The purpose of these frequent visits will be to locate and reduce your vertebral subluxations and monitor the healing process.

You join millions who have enjoyed better health - without drugs or surgery.

*Welcome to Our Practice.*

**When will I get my first adjustment?**

It depends upon your complaint and how long it may take to study your examination findings. This is a clinical decision and varies from patient to patient.

