

## Typical visit at SBFC

1. **WELCOME!** Find card and swipe in at check in.
2. Put things in a locker (cell phones, jackets, purses, wallet, keys, cell phone (you'll be ok for the next few min), necklaces, earrings, cell phones, did we say cell phones).
  - a. **Move magnet from inside door to outside**
  - b. **Move magnet from out to in at end of visit)**
3. DO WARM UP EXERCISES 15-30 squats & anything else Josh our Rehab Tech (RT) has given you to do based on your case. To warm up spend a minimum of 2-3 min to get your tissues ready to receive their best adjustment. Warmer tissues move better, so please get moving so Doc can get you moving!
4. Do your specific M.I.E. (Mirror Image Exercises) & F.E. (Functional Exercises). -These are based on your postural distortions and functional limitations & they are given during your corrective care program within the first 2-4 weeks via your T.E.C. (Therapeutic Exercise Consultation) with the RT. These need to be done every time you come in as well as on the days you aren't adjusted. However MIE's & FE's can done before or after your ADJUSTMENT. So if you get called to get adjusted, stop and come back to them to complete before you leave.
5. Get adjusted! -When you are called, grab your Wellness Card and head over to BALANCE or VITALITY, swipe in (barcode facing you) to bring up your file for Doc and place any belongings (that somehow snuck by those big beautiful lockers) into the basket or hang on the hooks. Have a seat in the cervical chair, look at Today's Tic (the talking & thinking point for today) and Doc will be with you soon!
6. Walk or Spinal Remodeling Traction - Lastly do either a walk 3-5 min outside if you aren't scheduled for spinal traction or go directly over to the Spinal Remodeling Zone to begin your traction session with the RT. Traction is begun once inflammation is decreased, mobility is increased & your tissues are healthy and strong enough, usually within 3-5 weeks depending on your case. It has been proven to produce faster and better results in spinal re-alignment, spinal curve regeneration and posture correction but is highly specific to the results of your most recent examination.

This order of your visit is based on the most current research in Chiropractic to get YOU the best and fastest results! **E A T = Exercise / Adjust / Traction** and at home **Habits!** Please see our video library on our website for habit specifics (ie How to Sit / Sleep / Lift...etc).

### Exam Schedule

30 Days = (B) BioStructural Exam (Posture & Balance) / (P) Progress Report to follow

60 Days = (B) BioStructural Exam (Posture & Balance) / (P) Progress Report to follow

90 Days = (X) Full Exams including Thermography, X-rays & BioStructura

(R) ReReport = 15min with Doc to Review Exam Results & Recommendations

**We are so proud to be working with you in this life improving & healing endeavor!**