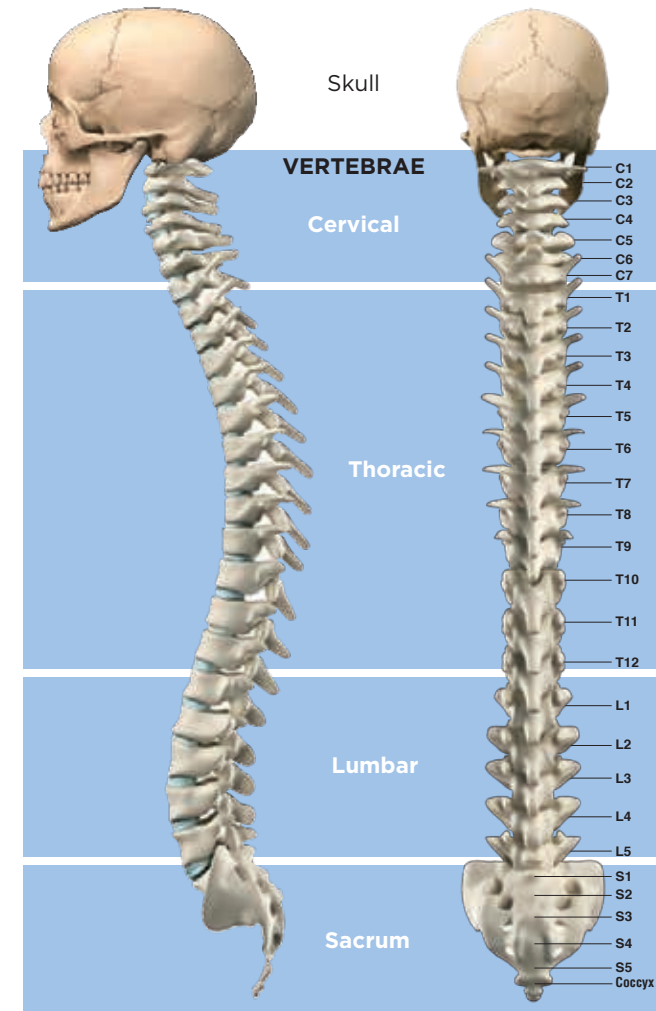
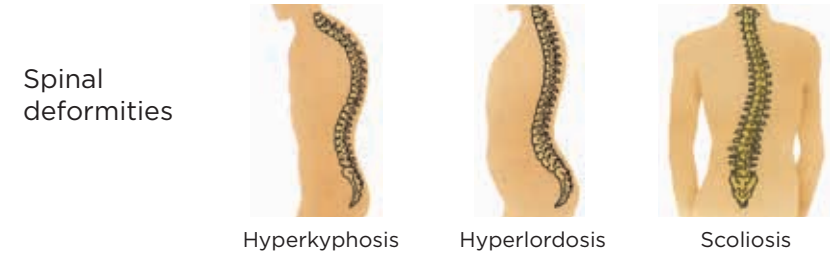


Your chiropractic diagnostic





Your program of care

Your program of care consists of three steps. The frequency of visits and length of care depends on your health status.

1 Relief step (Red bar) **2 Rehabilitation step** (Yellow bar) **3 Optimization and wellness care** (Green bar)

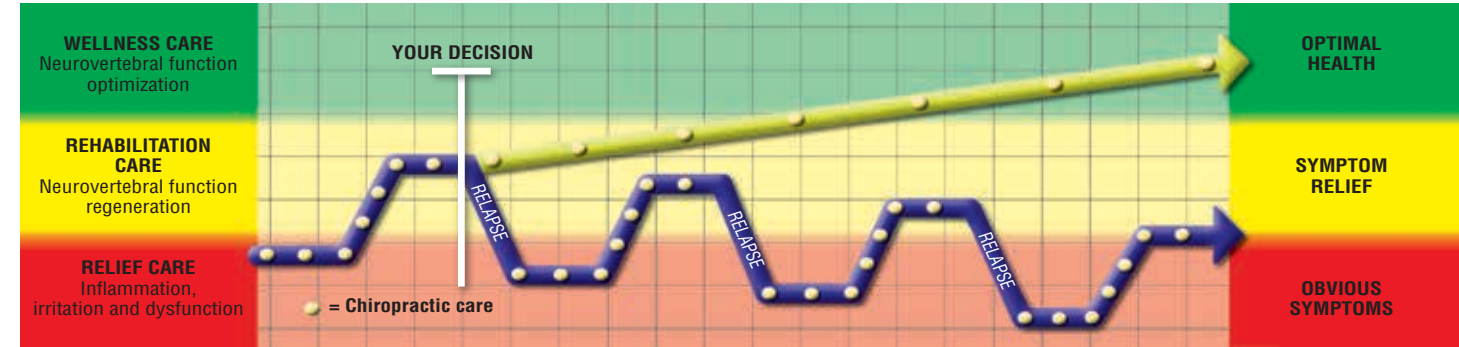
At this stage, chiropractic adjustments are frequent and target pain reduction. Everyone reacts differently to adjustments. Some experience feelings of well-being while others may experience soreness or discomfort. Whatever your situation, please share with your chiropractor.

_____ visits per week for _____ weeks _____ visit(s) per week for _____ weeks

_____ visits per week for _____ weeks _____ visit(s) per month for _____ months _____ visit(s) per month

Progressive evaluation every _____ visits Progressive evaluation every _____ visits Progressive evaluation every _____ visits

Wellness Care VS Relief Care



This graphic illustrates your rehabilitation steps. The interruption of your chiropractic care program can cause relapses. Each relapse diminishes the possibility of reaching your optimal heart. Accumulated, it can lead to permanent lesions. (osteoarthritis, diminishing mobility, etc.)

Your health on a daily basis

Therapeutic use of ice and heat

ICE : For severe injuries (first 48 hours), swellings, bruises, sprains, stabbing pains or joint pains.

1. Apply ice or gel pack.
2. Always use a thin piece of cloth between the ice pack and your skin.
3. Apply ice for 10 to 12 minutes every hour.
4. In subacute or chronic conditions, ice can be used 2 to 3 times for 10 to 12 minutes every day.
5. NEVER leave ice on for more than 12 minutes. Never apply ice during sleep.

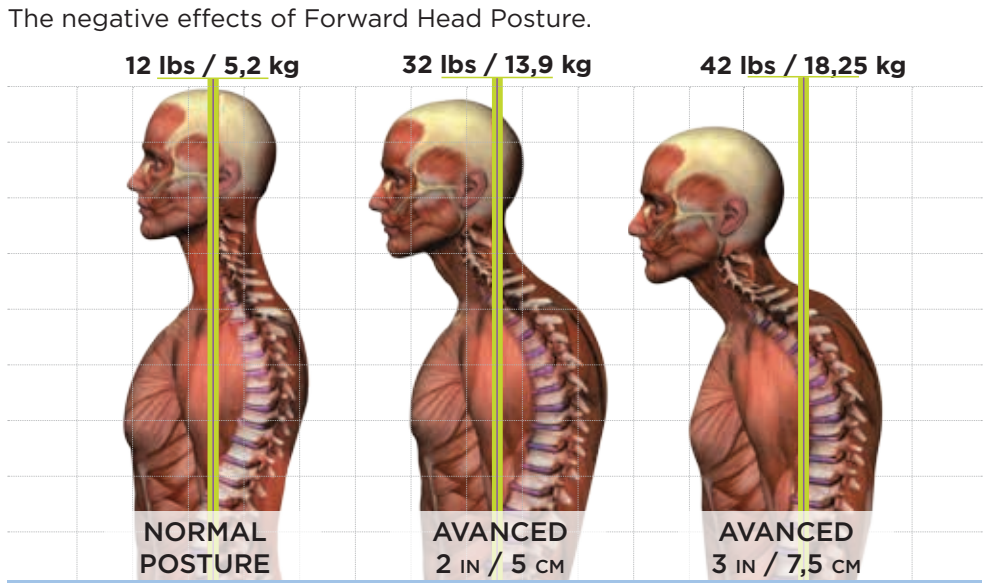
HEAT : For chronic muscle tensions, fatigue, mild pain (to relax muscles and increase blood flow).

1. Apply gel pack, hot-water bottle, heating pad or take a warm bath or shower.
2. Wrap a wet tea towel around the heat source (except for electric heating pad) help the heat penetrate.
3. Apply heat for 20 minutes only.
4. NEVER apply heat on acute swelling (inflammation) or bruise. NEVER sleep on an electric heating pad or heat pack.

IMPORTANT: Ask your chiropractor what option is best for you. Should your pain increase with either the use of ice or heat, let your chiropractor know as soon as possible.

Recommandations: _____

Your posture: The mirror of health



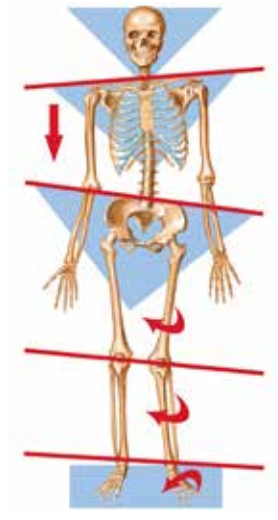
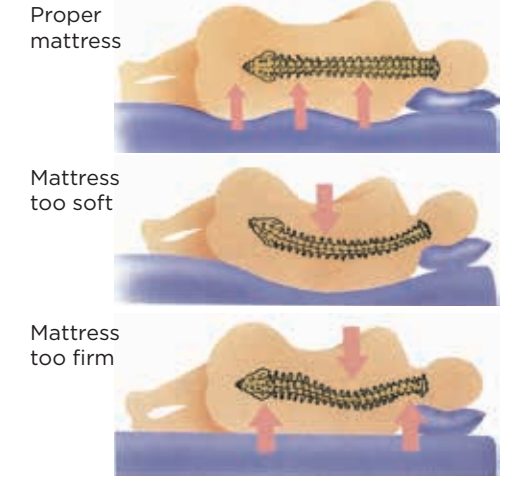
Every 1 inch/2,5 cm of Forward Head Posture can add up to 10 lbs/4,5 kg of apparent weight or resultant force on your spine.
Ref.: Kapandji, Physiology of Joints, Vol. 3

Sleep Position

- Your pillow should keep **your neck aligned with the rest of your spine**.
- **On your back side**, place a pillow under your knees to ease spinal tensions.
 - **On your side**, a pillow between your knees will avoid having a twisted torso and spine.
 - **Never sleep on your stomach**.

Mattress Choice

A mattress should support your body weight. It should conform to your hips and shoulders.



This diagram shows how faulty feet imbalance can impact your body's global mechanic and create neurovertebral problems.

Other recommendations and suggested lifestyle changes:

YOUR CHIROPRACTIC REPORT OF FINDINGS

HEADACHES

EARACHES

TORTICOLLIS

NECK PAIN

BURSITIS

EPICONDYLITIS

TENDINITIS

NUMBNESS

ARTHRITIS

BACK PAIN

DISC HERNIATIONS

SCIATIC PAIN

CHRONIC PAIN

SPRAINS

Patient name: _____

Date: _____

WELCOME

A thorough chiropractic examination of your spine and nervous system was performed to find the presence of dysfunctions including vertebral subluxations. **The following pages contain your test results as well as the various options available to you.**

The spinal column is a vital part of the human body.

To understand what chiropractic can do for you, it is necessary to understand the importance of proper vertebral column alignment, of adequate spinal movement, of good posture and optimal nerve flow. The wise understanding of these notions will help you in your quest for optimal health.

Chiropractic adjustments, applied by hands or by instruments, help correct spinal subluxations. Spinal adjustments consist of precise low force, low amplitude movements directed to one or several vertebrae of your spine. These adjustments allow your body to connect with its ability for optimal nervous and spinal function.

The nervous system controls and coordinates all other organs and structures, and relates the individual to its environment.⁽¹⁾

It is therefore essential to reduce and hopefully eliminate any vertebral subluxations that may interfere with your nervous system. This allows you to move freely, transmit information to the brain, manage its five senses, maintain proper balance and regulate a normal body temperature of 98,6°F or 37,0°C. Your muscular health, your reflexes, your coordination even your sports performances can benefit from optimal spinal and nervous function.

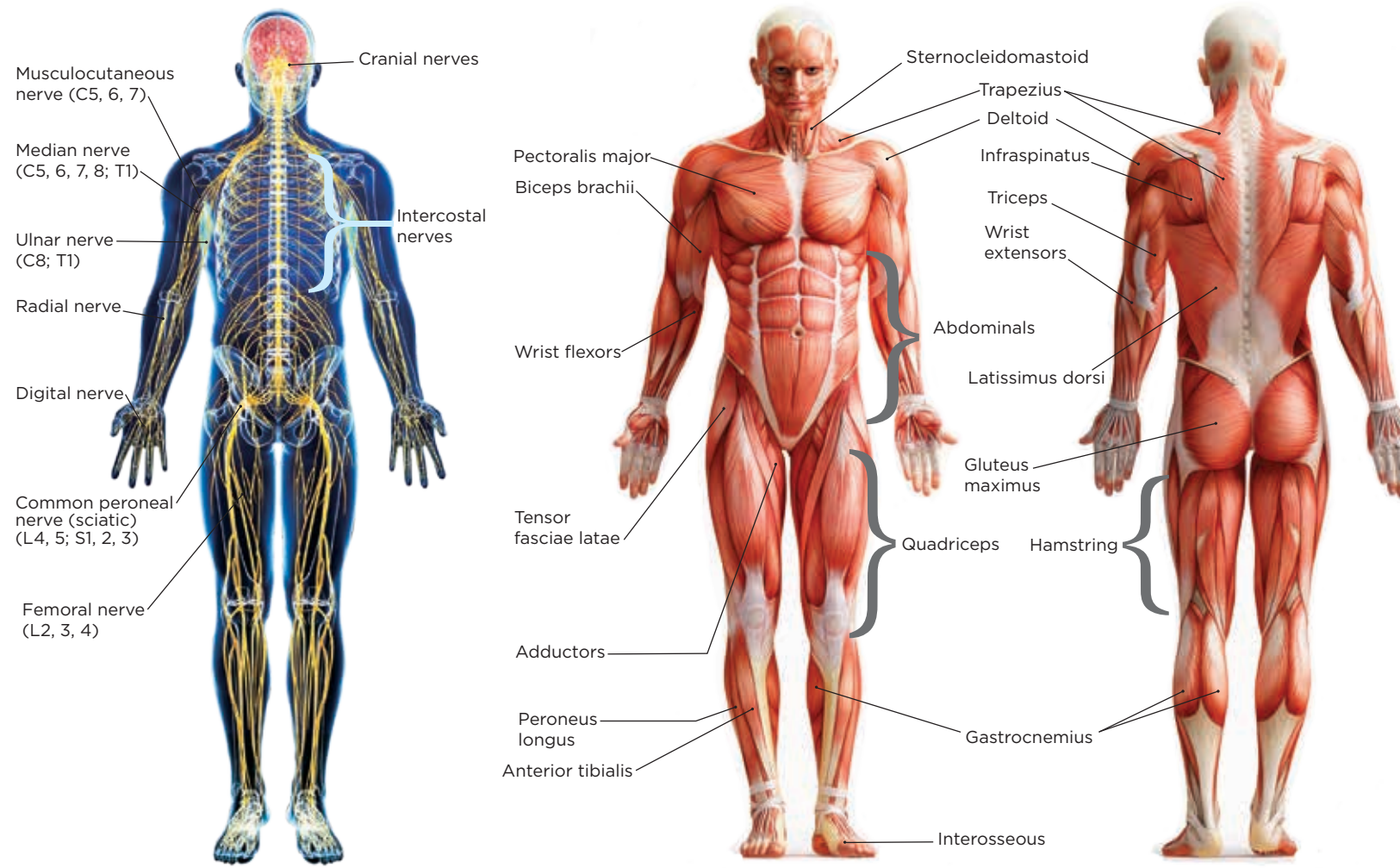
We are here to help you.

You need not feel hopeless due to pains and discomforts. Follow our recommendations. We promise to offer you the highest standard chiropractic care. Feel free to ask questions about your progress. Clear communication between us is a vital part of your health recovery.

We value your trust.

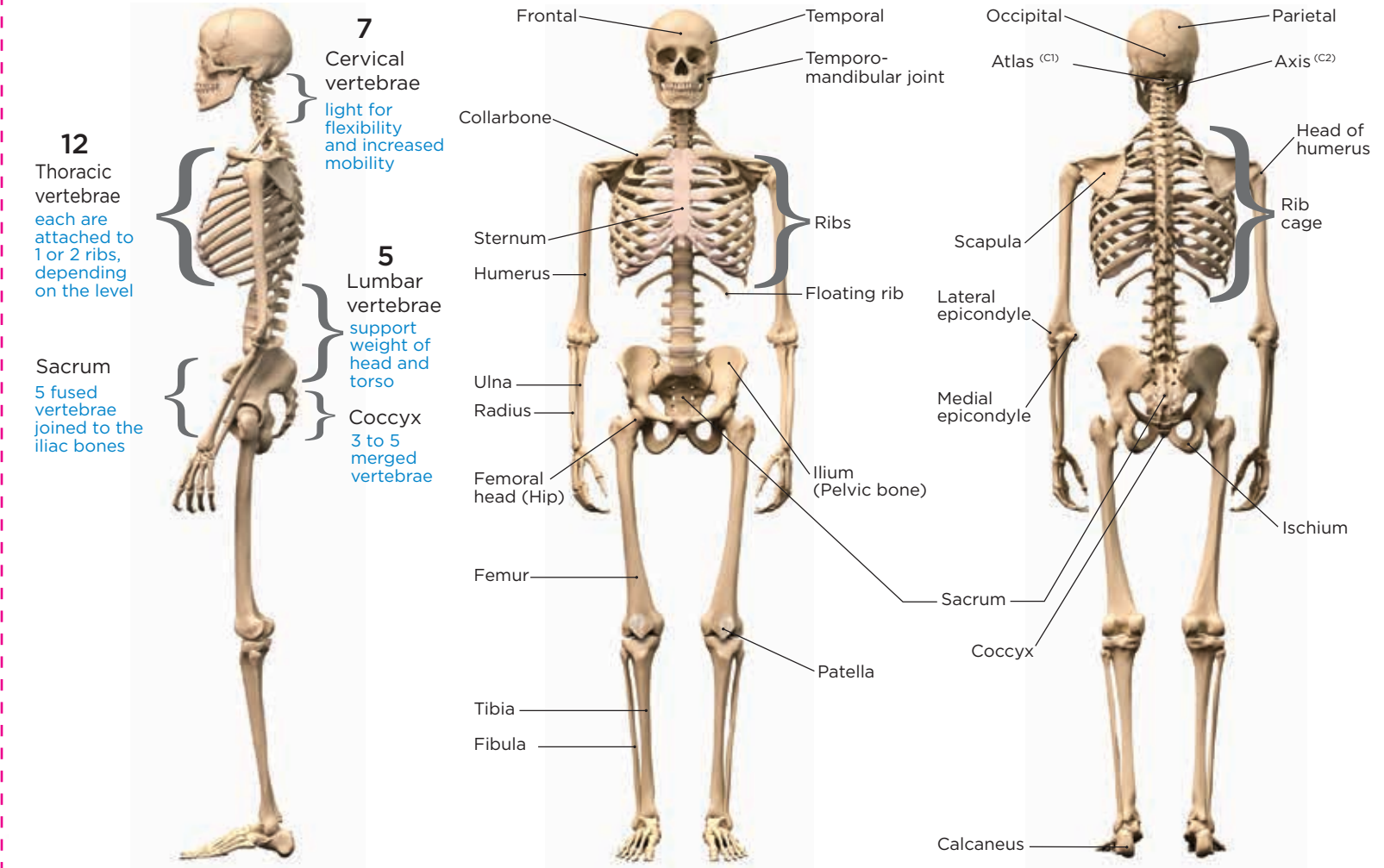
Your neuromuscular exam results

(Your muscles are controlled by your nerves)

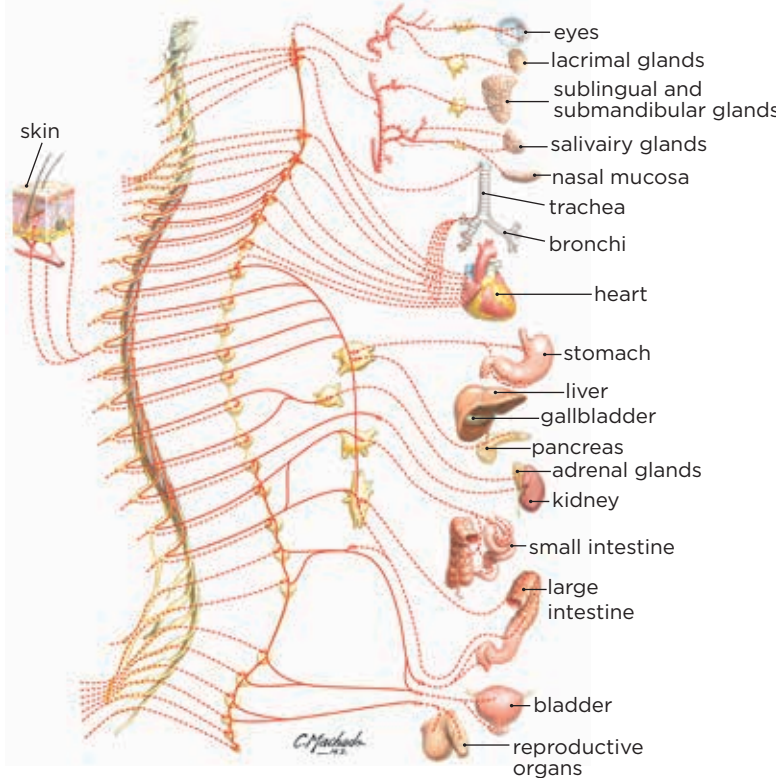


© Gray's Anatomy, 30th edition

Your skeletal exam results



Your organs are controlled by your autonomic nervous system



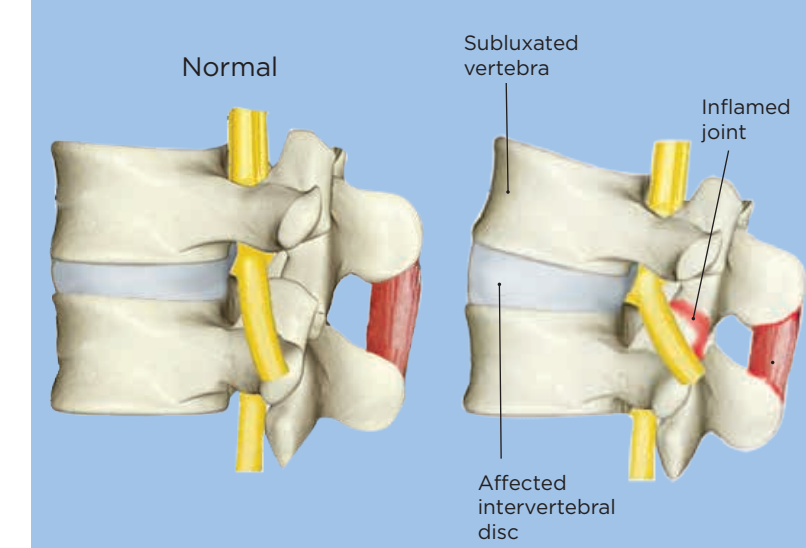
The autonomic nervous system works without your awareness. There are two divisions :

- The **sympathetic** nervous system
- The **parasympathetic** nervous system

The sympathetic nervous system governs defense and stress, speeds the cardiac and respiratory rhythms, increases the arterial pressure, slows the digestive functions and burns the glucose reserves.

The parasympathetic nervous system regulates optimal bodily rhythms such as slowing your breathing, activating your digestion and lowering your blood pressure.

Vertebral subluxation complex



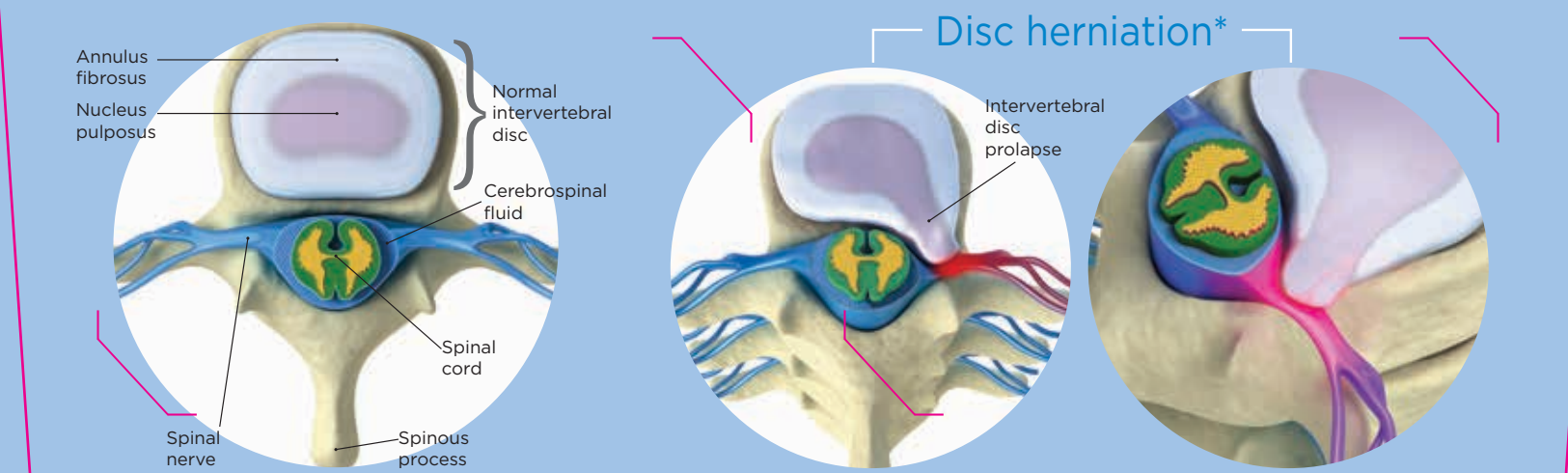
Vertebral subluxation complex (VSC) occurs when there is a limited mobility between two spinal segments. Mechanoreceptors found in the ligaments, muscles and tendons are affected and may have an impact on the nervous system. The mobility loss may lead to changes in joint mobility, muscle tone and neurological dysfunction. Untreated VSC may lead to chronic pain.

Vertebral subluxation complex...

- is one of the main reason for chiropractic visits
- can be painful or not; however, it is often felt when your stress level is high
- is often difficult to correct for longstanding issues
- can affect every organ, tissue or body system
- can be linked to faulty pre-birth intrauterine positioning and/or the birth process
- can reduce your vitality, energy and endurance
- can reappear over the course of your activities of daily living

is the main reason of regular chiropractic care.

Lumbar vertebra and spinal cord (view from above)



*For understanding purposes only. This diagram represents a severe case of spinal disc herniation.

Good to know

Most symptoms subside before proper spinal ligament and muscle recovery.

An important decision should be taken before or once you are pain free:

- To follow our recommendations of continued care in order to optimize your neuromusculoskeletal functions;
- or
- To interrupt your care and consult only when the pain returns.

Your body's complete recovery requires patience and perseverance. Keep in mind that regular visits (periodic chiropractic care) will help you be at your best by fine tuning your body's neural and spinal function and will allow us to detect new problems before they become symptomatic.

