

# What to Expect During My 1st Visit



**At the Chiropractic Offices of Gonstead & Stangl procedures are geared toward the detection and correction of the vertebral subluxation complex. The procedures we use are therefore specifically selected for your spine and nervous system health. There are a couple of things that you should expect when you have a first visit at our clinic.**

## **HOW LONG WILL IT TAKE**

The doctors typically set aside 45-60 minutes in their schedule to review a new patient's health history, complaints, and do an exam that may include x-rays if needed. If you do not fill out the new patient forms before your first visit, please plan on coming 10-15 minutes before your scheduled appointment for paperwork.

## **WHAT SHOULD I BRING**

- Current insurance card
- Filled out new patient forms (if you downloaded them!)
- A list of any prescription or over-the-counter medications and supplements you are currently taking.
- If you have them, any x-rays from another doctor that have been taken within the past year.

## **SPINAL X-RAYS**

X-rays may be taken depending on your age and situation. There are many reasons why we would not take x-rays on certain patients including pregnancy, most children, recent usable spinal x-rays, and some other various situations. Aside from these situations, x-rays are a common part of the examination process and give us important information including the position of the spinal bones and the quality of the spine and safety of adjusting it. With this important information we can make a more accurate determination of the type of adjustments your spine needs and it will aid in determining the initial frequency of your care. Your need for spinal x-rays will be determined during the exam your chiropractor will perform.

If you have x-rays from another doctor, please bring them with you or have the information on where the x-rays are located with you so we may request the x-rays from another clinic, if needed.

## **THE EXAMINATION**

Our examination consists of a thorough exam which includes palpation and orthopedic exams. Palpation essentially is checking your spine by hand. With this exam the doctor can feel areas of your spine that may be involved with subluxation problems. Spinal position, curvatures and muscle tone can also be examined as it relates to possible spinal subluxations. Orthopedic exams are essentially short noninvasive tests that the doctor will have you do in order to evaluate the mechanical function of your body.

It is important to note that this examination helps the doctor scientifically understand the subluxation processes going on in your spine. It also gives us a baseline for future tests so we can accurately measure your progress to see how your spine is correcting and your nervous system is functioning.

## **WILL I BE ADJUSTED ON MY 1<sup>ST</sup> VISIT**

In our office, most patients are treated with a spinal adjustment during their first visit. The adjustment will happen after the examination and when indicated during your evaluation. A patient might not be adjusted during the first visit if an adjustment is contraindicated or the doctor feels the patient would be better served by a different health care professional.

**CHIROPRACTIC OFFICES OF GONSTEAD & STANGL**

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