

## LONG LAKE CHIROPRACTIC CENTRE

---

*We are pleased to welcome you as a new patient to our office.*

Here's what to expect on your **1<sup>st</sup> visit**. (Duration: 1 hour)

❖ **Paperwork:**

Please complete this admitting paperwork so we have a better understanding of your past and current health situation.

❖ **Consultation:**

Meet the doctor and discuss your health concerns. Let's find out if you're a good candidate for chiropractic care.

❖ **Examination:**

We'll conduct a thorough examination to locate the cause(s) of your problem so we can develop a plan to help you.

❖ **X-rays:**

A series of x-rays (4-6) will be taken in our office. You do not disrobe, just remove outer layers (vests, hoodies, jackets). It is best to wear light clothing with no metal or beads. You will be required to remove jewelry (earrings, necklaces) and wallets etc. out of your back pockets for x-rays and adjustments.

---

Here's what to expect on your **2<sup>nd</sup> visit**. (Duration: 1 – 1 ½ hours)

❖ **Report of findings:**

The Doctor will explain the results of your x-rays and the appropriate care specific to your condition.

❖ **1<sup>st</sup> Adjustment:**

The procedure used in our office is termed NUCCA. You will be shown an education video explaining this procedure and be given information pamphlets to help you become familiar with this procedure.

❖ **X-rays:**

A series of x-rays (2-4) will be taken after the 1<sup>st</sup> adjustment and will be compared to the x-rays taken initially. Generally x-rays are only taken on the 1<sup>st</sup> and 2<sup>nd</sup> visits.

---

The Doctor will want to see you 3 to 5 days after your 1<sup>st</sup> adjustment. This appointment and any other subsequent appointment should only take 15 to 20 minutes.

24 hour Prior Notice is required if you cannot keep an appointment.

When booking appointments, please inform the receptionist of any falls or accidents, etc as this may lengthen the duration of your appointment. X-rays may be required if there has been a change in your misalignment pattern.

**Thank you for choosing Long Lake Chiropractic Centre.  
Your health is important to us.**