



Dooley Chiropractic

Optimize Your Health

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WELCOME TO OUR PRACTICE!

Your first office visit sets the foundation for the type of care required for you to restore your overall function. You will be asked to provide information about your life experiences, challenges, injuries/falls, health & wellness concerns, your overall health goals, and expectations. Please understand that there is a fair amount of upfront paperwork involved with this process, as it is our intention to learn as much as we can about you and your history, as this plays a huge role for us to better understand your needs. We tend to utilize many formats to measure a variety of methods, whereby allowing us to best manage a working plan yielding the quickest and safest results for you and your family.

CONSULTATION:

You will have an initial consultation to discuss your health-related concerns and potential options of care. This initial visit is designed to learn more about you, your current state of health and your expectations to determine how chiropractic, nutrition and overall wellness healthcare can help you meet those goals.

EXAMINATION:

You will receive a thorough physical examination, where we will test several physiological systems with an emphasis on the state of your nervous system. These exams, tests and maneuvers will include neurological, orthopedic, biomechanical, and spinal range of motion tests. They help evaluate function, tone, muscle strength, balance, and coordination. These tests and exams will indicate the root cause of what's showing up in your body and how your choices can influence both - in the direction you desire. Remember, we all play a role in your care management plan, especially you.

Plan to spend 45 to 60 minutes to meet, evaluate, understand, and discuss your needs.

REPORT OF FINDINGS (ROF):

This visit will provide you with a detailed summary of our findings and hopefully answer any questions including:

#1). If we can help you and if so, how we can help you.

#2). How often you will need to come in and why?

#3) Expected Cost of Care.

After your ROF, you will be able to choose the next step on your path to your elevated wellbeing.

How you decide to use my professional care in your life is purely up to you. I am not a high-pressure salesperson. If you are ready to make the commitment to yourself and your wellbeing; then you are in the right place because I know I can be of assistance.

There are three phases of healthcare – I will describe them for you, I hope this helps.

#1). RELIEF CARE/ACUTE CARE (aka: Initial Phase of Care)

Typically, most choose to come into the office because of some pain or discomfort. This is the phase that we chiropractors are most familiar with, it is referred to as: the acute care phase, where patients find some relief and an overall reduction of their current pain and dysfunction.

Our main goal with this initial phase of care is to reduce the symptoms (pain & discomfort) as quickly as possible. Reducing the inflammation, identify the source of the pain and therefore reducing these symptoms of discomfort is just the beginning of care, not the end. A lot of people mistakenly consider chiropractic care as an “event” and should know that chiropractic care is a process.

If severe enough, this phase will require daily visits, or two to three visits per week for a specific amount of time, with a goal of reducing the frequency of office visits. Everyone is different; some require more frequent visits and some less – there are no absolutes when it comes to pain and discomfort.

Most people are under the assumption that if they don't feel any pain that there is nothing wrong with them – they think they are fine. Pain is often the last indicator to show up and the first to go away especially if the conditions are insidious or chronic in nature (unless you have experienced some form of recent trauma). Pain sometimes can be the first to go away ... in other words, pain is a very poor indicator of your overall health. In fact, pain and other symptoms frequently only appear after a disease or other pathologic condition has advanced its course. Like most health conditions, early detection and strategic care will always yield the best results for improved health outcomes.

For example, think of a heart attack. Do you think that suddenly your arteries get

clogged, and your heart couldn't get enough blood? No, it doesn't happen that way. It's a process, which happens over time and most of the time; you don't even realize it (some folks ignore this, hoping that it will go away). When you begin with your chiropractic care, pain may be the first symptom to disappear, even though much of the underlying condition remains. The element of time is required in this phase allowing our skeletal muscles, tendons, and ligaments with the necessary time to heal properly.

#2). CORRECTIVE CARE (aka: Maintenance Phase/Chiropractic Care):

The “Corrective Care” (aka: Maintenance Phase) occurs after you have relief from your initial symptoms, and you realize that you don't want to fall back into the lifestyle that got you there in the first place. If all that the chiropractor did was to reduce the pain and stop there, the chances of the condition recurring are great. Our nervous system recalls every trauma that we experience in our lifetime, from birth to our latest tumble. To prevent a recurring event, it is necessary to continue to receive care even though the initial symptoms are reduced or have gone away completely. It is equally important to evaluate our current lifestyle, personal habits, repetitive motions, and most importantly, our daily posture.

During this corrective phase of care, you will not have to receive adjustments as often as you did during the acute phase of care. Additionally, your body has begun the process of self-correcting when we are receiving proper nutrition, exercising, getting the proper rest, hydrating, and moving about the earth with our improved posture; thereby, holding the correct juxtaposition (place) due to corrective care over time.

Do not be discouraged if you have mild flare-ups with your symptoms on occasion, this is normal. Flare-ups are bound to occur during this phase because your body has not fully healed. Sometimes, conditions worsen before they improve entirely. Remember, you didn't acquire the dysfunction overnight. I encourage you to remain a patient and allow your body to self-regulate.

#3). WELLNESS CARE (aka: True Health Care):

Once your body has fully healed, routine chiropractic care can help ensure that your physical problems do not return and keep your body in optimal condition. Just like the act of brushing your teeth to ensure healthy dental hygiene, it is necessary to continue chiropractic care to ensure the health of your overall nervous system, primarily your spine (which protects your nervous system) and thereby, allowing you to express your optimal health and physical function.

Welcome to my practice, I am here to HELP!

I look forward to serving you!

Sincerely,

Dr. Francis W. Dooley, DC