

Welcome to Health First Chiropractic

Where we support, through chiropractic, each individual's full expression of life and wellness from within.

At Health First Chiropractic we are committed to quality chiropractic care and **advancement through research**. This clinic participates in practice based research and case studies. As a practice member here you are helping to advance the science of chiropractic. All personal information is protected. Health First is not only a researched based clinic, it is also a training facility. Chiropractors come from throughout the U.S. to train in our special approach.

On your first appointment we will perform a complete spinal exam and health history, specific spinal x-rays may be taken if needed. Except in some emergency cases **you will not be adjusted on the first visit**, as we need to assess results from your tests and x-rays in order to provide you with the highest quality chiropractic care.

On your second appointment you will complete the x-ray series, have a clinical consultation with the doctor to review your findings, and he/she will make recommendations for care. Then you will receive your first adjustment. After the adjustment there is a resting period. This appointment will take approximately one and a half hours, so please allow enough time.

Name: _____ Date: _____