Report Of Findings

www.jerseychiropractic.com
Don’t just put a plaster on it…!

Popping pain killers or putting a plaster on a problem are only short term measures to healing which isn’t our goal. Our job is less about focusing on symptoms i.e. (pain), rather more it is about removing road blocks to your body’s healing, which have developed either acutely through injury or over time through poor posture, ergonomics, etc. It is about measuring and improving the function within your affected joints and muscles, but ultimately it is about optimising ones nervous system. By adopting this approach we maximise the long term benefits i.e. (reduced inflammation, joint stabilisation, optimised muscle & nerve function, etc.), and prevent damaging relapses or worsening of your original condition.

Our goal ultimately is to help you feel healthier, younger, stronger, more flexible and more balanced… How does that sound…?!

NICE (National Institute of Clinical Excellence)

Guidelines in the U.K. state that the average New Patient seeing a Chiropractor for chronic lower back pain requires approximately 8-10 treatments.

*Treatment plans may vary depending on the diagnosis and prognosis which may in some instances require more or less treatment than the average.*

In general there are 3 Phases of care that most patients will go through.

- **Initial Care Phase** (2-3 x / week (approx. 2-4 weeks))
- **Rehabilitative Care Phase** (1 x / week (approx. 4-6 weeks))
- **Maintenance Care Phase** (1 x / month)

**Take the Test** - See where you are on the chart (Page 5). Be honest with yourself..!

Throughout your treatment refer back to this chart and monitor your progress...
Most patients consult our office because they have an ache or a pain. Their goal? Relief. That's our first objective.

A thorough examination reveals areas of spinal dysfunction. Then we offer a care plan designed to give you the best results in the shortest amount of time.

Visits are frequent during this period of intensive care. Each visit builds on the one before, so keep your appointments to get the best results.

When your feeling better, you'll have a decision to make. Will you continue with the care necessary to fully heal soft tissues? Or abandon the investment that you've made so far?

When you continue your care, visits are less frequent and progress will be less dramatic. If you end your care before fully healing muscles and soft tissues, you can invite a relapse. Whatever your choice, we're here to serve and help support you in your decision.

Your health affects everything you do, and everyone you know. With so many people depending on you, it makes sense to invest in your health. A program of Chiropractic check-ups can help you be the caring parent, the loving spouse, the understanding friend, or the dependable employee. Invest in your health. You're worth it!
Re-Assessment is the key…!

As part of your program of care it is important for us to know how you are doing on the inside as well as on the outside. As such we schedule regular Re-Assessments into our Treatment Plans to ensure our goals (both symptomatic & functional) are being met. Once you have reached the end of each phase of care your Chiropractor will schedule a Re-Assessment Appointment. During this important appointment several tests may be performed i.e. (Motion Palpation, Orthopaedic & Postural review, MyoVision (E-Scan)).

**MyoVision (Digital E-Scan)**

- State of the Art digital sEMG scanning device.
- Identifies areas of dysfunction within your spine and associated muscles.
- Quick, accurate, painless & non-invasive.
- Results e-mailed directly to you.

It is very important that you follow the advice given by your Chiropractor and stick to the prescribed Treatment Plan. Patients whom drop out of care when they start to feel ‘symptomatically better’ often see their condition relapse or worsen over time as they haven’t achieved full functional improvement yet.

Ask yourself… Would you take a cast off a fracture just because it feels better after 2-4 weeks…?

Once your Chiropractor is happy that you are stable and that true progress is being made, they will graduate you onto the next phase of care.
Hydrotherapy (Float SPA)

Floatation Therapy is a form of Hydrotherapy which can greatly enhance the affects of our treatment. As one of our patients you are very lucky as we are the only health centre in the U.K. to have a float SPA to benefit you and speed up your recovery.

Float SPA pods are designed to allow you to float on a warm layer of water (36° - 36.5°) which is super-saturated with Epsom Salts (MgSO4). The magnesium rich water is very nourishing for the skin but more importantly is very beneficial for the recovery of injured muscles and inflamed joints. Due to the high salt content a user is able to float (1-3 hours) effortlessly on the surface allowing a complete and deep relaxation of the body. Additionally the float SPA is designed to create a sensory deprived environment which subtracts out the majority of all external stimuli for the duration of the floatation session. The end result is an extremely deep relaxation of both the mind & body enabling one to literally ‘Defrag’ your brain and accelerate healing in your body.

As a special thank you for choosing our centre we are pleased to give you and every New Patient a FREE Floatation Session (60 min) to get you started. We highly recommend patients to use the Float SPA regularly to speed up their recovery and hope that one will come realise the many benefits of this amazing therapy.

For more information i.e. (articles, videos, etc.) on Floatation Therapy please visit our website www.the-wellness-centre.com. Also please note several packages are available which are designed to reduce the cost of each floatation session, and may also be shared with 1-2 other people.
Initial Care Package

Consultation + 8 Treatments (Reduced Fee)

- 10% Off any 1 Massage/Reflexology treatment of choice.
- 1 x Free float SPA (60 min) experience.
- Priority Appointment Bookings.

£ 460

*Approx. £100 added value*

Lifestyle Care Memberships

Designed to offer Patient Members an affordable option to achieve and optimise their Chiropractic health goals.

- 1 x Chiropractic Treatment/month - (normally £55).
- Free Spinal Health Checks - (Friends & Family).
- 25% Off Chiropractic Consultations - (Immediate Family).
- 20% Off ‘Emergency Care’ Treatments - (if required).
- 10% Off all other therapies and services (excluding packages).
- 10% Off Yoga & Pilates Classes (excluding packages).
- 10% Off float SPA sessions.
- Priority Appointment Bookings.
- Terms & Conditions apply.

£ 49 / month (Direct Debit)

*Best Value*
New Patient Consultation £80
Chiropractic Treatment £55
Chiropractic Treatment (under 16) £45
Missed Appointment Fee £45
Spinal Health Checks £60

Payment Policy

• We kindly ask our 1) non-insured Patient Member or 2) Patient Members dealing directly with their own private medical insurance company to pay for their treatments on the day of their visit. We accept payment by card, cheque or cash and can offer instant receipts for insurance purposes.

• Treatments can also be pre-paid either individually or as a package at a preferential rate. For more information please enquire with your practitioner or visit our website.

• For new patient members who wish to utilise their private medical insurance and request for us to deal directly with the insurance company we will require a one off £20.00 administrative fee. This fee is not redeemable on your insurance policy and will be due before the commencement of treatment.

  N.B. Patient members who choose to deal directly with their own private medical insurance company will not be charged the £20.00 administrative fee.

Should you have any questions regarding your account or our payment policy, please feel free to contact us on (01534) 633060.

Terms & Conditions

General

Initial Care Packages and Lifestyle Care Plans are not available for patients who wish to use their 'Private Medical Insurance' to claim for their Chiropractic Care. Only available to Patient Members whom have been given clearance by their Chiropractor having completed their initial ‘New Patient’ treatment plan. Must be utilised within 12 months of original purchase. Are non-transferrable.

‘Acute Care’ Treatment

Refers to treatment that may be required outside of a prescribed treatment plan due to an unforeseen relapse and/or injury.
Subject to your Practitioner’s diagnosis and discretion.

Refunds

Refunds are available and shall be calculated on a used treatment basis reverting to the maximum fee payable per treatment.

Terms & Conditions may be subject to change without notice.