

# What to Expect on Your First Visit

Your first visit is designed to understand your condition, identify the source of your discomfort, and determine the most appropriate next steps for care.

## Initial Consultation

- Review of current symptoms and concerns
- Discussion of how and when the condition began
- Review of prior treatments or injuries
- Relevant health history

## Examination

- Range of motion testing
- Postural assessment
- Orthopedic evaluation
- Functional movement assessment

## Findings & Recommendations

You will receive a clear explanation of what is causing your symptoms and whether chiropractic care is appropriate.

## Treatment (If Appropriate)

- Chiropractic adjustments
- Soft tissue therapy
- Supportive modalities

## Next Steps

You will leave with a clear, personalized plan and understanding of what to expect moving forward.