

Your First 3 Visits:

Your appointment date: _____

Time: _____

1 First Visit - Consultation & X-rays

- On your first visit we'll go over your health history & health goals, as well as take any necessary x-rays.
- The total for this visit will be a reduced cost of \$40 (regular \$365). Honored only if scheduled at a special event or by referral.
- Your entire visit will last approximately an hour.
- If you have any insurance, please be sure to bring it with you.
- Your confirmed appointment time, directions, and paperwork will be emailed to you.
- Our New Patient Paperwork is thorough. Please be sure to print it and fill it out completely before you arrive to save you time in the office.
- Please note this visit does not include an adjustment since x-rays must be processed and analyzed before anyone receives a corrective adjustment. We will schedule your first adjustment at the end of this visit for the next available time.

2 Second Visit - Adjustment

Your doctor will briefly review what has been found on a spine chart with you and you will receive your first corrective adjustment. After the adjustment, you will be shown some muscular rehab to help the body hold the correction. The doctor will then take a follow-up x-ray to see how your body responded to the adjustment so that he can put together accurate recommendations. The cost for this visit is \$60.

3 Third Visit - Recommendations

Your x-rays will be reviewed with you, and recommendations given concerning the length, type, and the cost of care. Any insurance coverage will be discussed with you as well. There is no charge for this visit. At this time, you will have the opportunity to decide how you'd like to move forward with care.

***If for any reason you need to reschedule an appointment, please let us know 48 hours in advance so that we may open up your appointment time.**

We look forward to seeing you! If you have any questions in the mean time, please don't hesitate to contact us at (615) 730-8131 or StrongholdChiropractic@gmail.com.



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We exist so that people experience hope, health, and wholeness.