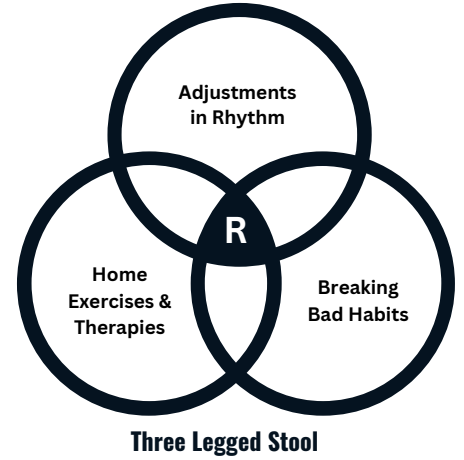
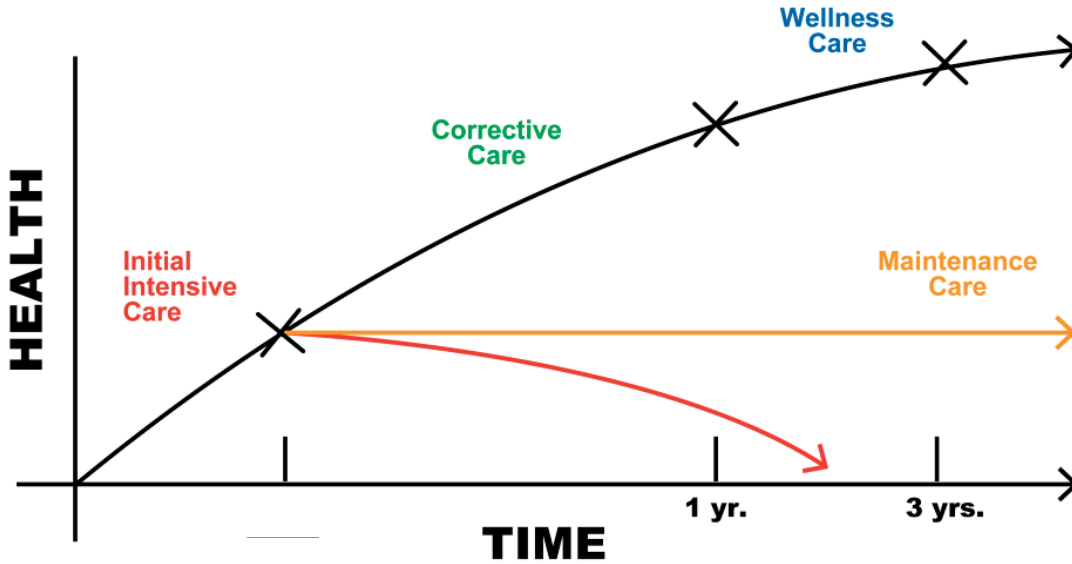




# RECOMMENDATIONS FOR CARE



Patient Name \_\_\_\_\_



## CHIROPRACTIC CARE RECOMMENDATIONS

Stage One: \_\_\_\_\_ / \_\_\_\_\_ = \_\_\_\_\_ ADJ

Stage Two: \_\_\_\_\_ / \_\_\_\_\_ = \_\_\_\_\_ ADJ

Stage Three: \_\_\_\_\_ / \_\_\_\_\_ = \_\_\_\_\_ ADJ

Care Plan Length : \_\_\_\_\_ Months TOTAL = \_\_\_\_\_ ADJ

Goals:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Exams and X-Rays

<input type="checkbox"/> Progress Scan Halfway through Care Plan.		CER	THO	LUM
	LAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Follow-Up Scan at the end of Care Plan.	AP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## THERAPY RECOMMENDATIONS

### Equipment:

<input type="checkbox"/> Balance Disk	Mold
<input type="checkbox"/> Band	<input type="checkbox"/> C
<input type="checkbox"/> C-Traction	<input type="checkbox"/> L
	<input type="checkbox"/> T

Dry Needling

Decompression Maint:

Laser Therapy

Massage Therapy @ \_\_\_\_\_ MIN

Personal Training \_\_\_\_\_ Sessions

D.C.

HillFamilyChiropractic.com

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Date Prepared

417-339-3978





**SCAN ME**

## HOME & VIBE EXERCISES

- ◆ HFC doctors have put together an exercise regimen specifically for you.
- ◆ These exercises will help you with your overall spinal function and posture.
- ◆ Being consistent will help you receive better results faster.

### HOME & VIBE EXERCISES 10-20 REPS / 1-2 SETS

#### NECK EXTENSIONS

- Lean head backwards
- Hold 2 seconds / return to neutral position

#### NECK POST TRANS

- Move head backwards (double chin)
- Hold 2 seconds / return to neutral position

#### POSTERIOR THORACIC

- Roll back (hunchback position)
- Hold 2 seconds / return to neutral position

#### BRUEGGERS (*Sitting / Standing*)

- Push chest forward / Open Arms
- Hold 2 seconds / return to neutral position

#### PELVIC TILT (*Posterior / Anterior*)

- Push hips \_\_\_\_\_ / Lumbar Spine will be \_\_\_\_\_
- Hold 2 seconds / return to neutral position

#### LATERAL FLEX (*Cervical / Thoracic / Lumbar / Pelvis*)

- 
- Hold 2 seconds / return to neutral position

#### LAT TRANS / SHIFT (*Cervical / Thoracic / Lumbar / Pelvis*)

- 
- Hold 2 seconds / return to neutral position

#### ARM CIRCLES

- Small Circles: Thumbs Up/Down (fwd and back)
- Big Circles: Thumbs Up/Down (fwd and back)

#### AIR SQUATS

- Squat Down (weight in heels / hips back)
- Hold 2 seconds / return to neutral position

#### LEG SWINGS

- Side to Side (left and right leg)
- Front to Back (left and right leg)

#### PUSH FORWARD & UP (*At specific area*)

- Push forward and up at \_\_\_\_\_
- Hold 2 seconds / return to neutral position

#### GOOD MORNINGS

- Slight bend in knees / Keep back straight / Bend forward
- Hold 2 seconds / return to neutral position

### LOW BACK CORE EXERCISES YES NO

- ◆ Exercises that strengthen your core are ones that will have the most effective treatment for back pain.

### SHOULDER PROTOCOL YES NO

- ◆ The Crossover Symmetry exercises are designed to strengthen the neck and shoulder muscles, as well as the upper back area.

### VIBE THERAPY YES NO

- ◆ Vibration Therapy is a whole-body vibration that has many health benefits.
- ◆ Two main reasons we recommend Vibe Therapy is:
  - 1) help you improve posture faster, and
  - 2) help you hold adjustments longer.
- ◆ Vibration Therapy is recommended before or after your adjustment.

### THERAPY REVIEW

- Wobble Disk  Band  C-Traction
- Cervical Mold: S M L (placement \_\_\_\_\_)
- Lumbar Mold: S M L (placement \_\_\_\_\_)
- Heel Lift \_\_\_\_mm L / R
- Laser Therapy
  
- Back On Track