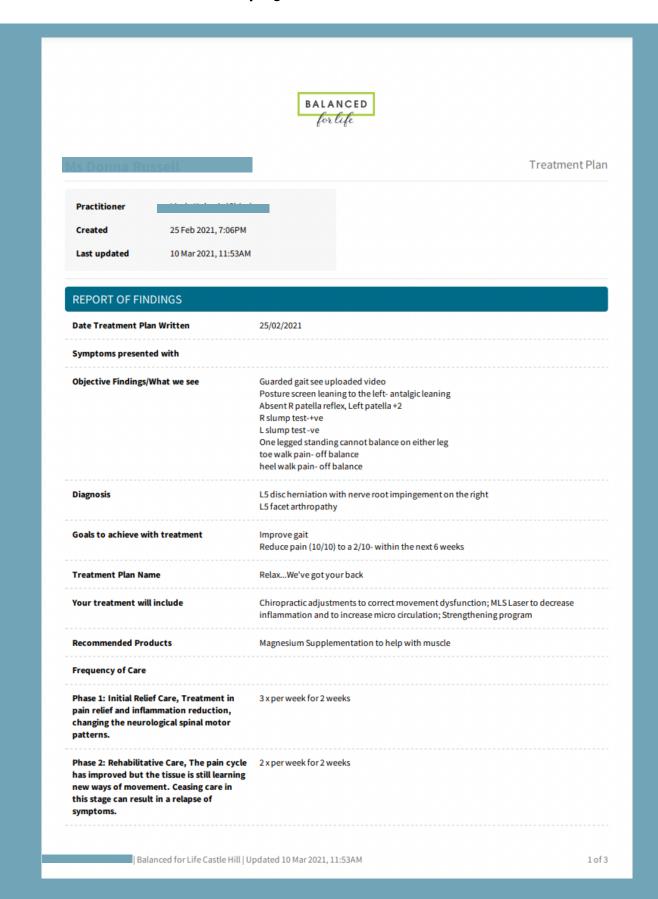
Sample Treatment Plan

Page 1.

This is an example of a real treatment plan given to a patient with acute low back pain. Presentation antalgic, X-rays then MRI taken. Diagnosis disc herniation with foraminal stenosis and nerve impingement.



Sample Treatment Plan Page 2.

Phase 3: Wellness Care, The final phase of treatment, improving strength of the structure and body.

1 x weekly visit

Outline of treatment

3 x per week for 2 weeks

Visit 1- Long appt: MLS Laser and Chiropractic- Thoracic and lumbar adjustments.

Visit 2- Regular appt: MLS Laser.

Visit 3- Long appt: MLS Laser and Chiropractic- Thoracic and lumbar adjustments, scap

retraction.

Visit 4- Regular appt: MLS Laser.

Visit 5- Long appt: MLS Laser and Chiropractic-Thoracic and lumbar adjustments,

PhysiApp core big 3-phase 1. Visit 6- Regular appt: MLS Laser.

2 x per week for 2 weeks

Visit 7- Long appt: MLS Laser and Chiropractic, Physipp core big- phase 2

Visit 8- Long appt: MLS Laser and Chiropractic, glut activation.

Visit 9- Long appt: MLS Laser and Chiropractic,

Visit 10- Long appt: MLS Laser and Chiropractic- PhysiApp Exercises, phase 3

1 x weekly visit

Visit 11- Long appt: Re-examination visit: MLS Laser and Chiropractic- VMO function/Hip

Homework PIR

Visit 12-Regular appt: Chiropractic- PhysiApp Exercises- thoracic mobility

Rehabilitation isn't a quick fix and becomes longer depending on age and the extent of imbalance and degeneration of the affected area. It is very important to attend reassessment as arthritis conditions are degenerative and often relapse and to a further

We Will Ensure: To always be on time to the best of our ability.

To always give the best clinical guidance objectively.
To be the best possible leaders in healthcare.

Expectations:

Your results are dependent on you following and participating in the professional

 $recommended\ treatment\ guidelines\ detailed\ here.\ As\ a\ patient\ of\ our\ clinic\ and\ to\ ensure$

your optimal outcome our expectations are: Attendance to your scheduled appointments You follow recommendations by chiropractor

Performance of your home exercise program as prescribed.

Reschedule/Cancellation/No show:

We understand that unplanned issues can occur and you might need to reschedule your

appointment with us. We respectfully ask for you to reschedule your appointment at least 12 hours in advance. Failure to comply with our policy will result in a \$30 $\,$

cancellation fee

Fee Schedule

We like to be transparent about our fees and charges.

No surprises down the track with hidden fees and charges!

STANDARD APPT: Regular Chiropractic Treatment: \$67.00

LONG APPT: Regular Chiropractic Treatment and Laser Treatment (1 region): \$112.00