

01

VISIT 1

Thorough Examination, Treatment, Home Instruction & Exercise Program.

X-ray, MRI or other diagnostic imaging may be ordered, if necessary.

PAIN PHASE

Treatment is directed at decreasing inflammation and compensatory muscle reactions. Home care/restriction compliance are crucial at this stage.

02

IMAGING

Advance imaging (MRI, CT, Ultrasound, etc.) may be considered to further evaluate, if there is a failure to progress.

REFERRAL

Based on response to care, a referral may be given for ancillary medical options (Pain Management, PT, etc.)

03

RANGE OF MOTION PHASE

Treatment is directed at regaining range of motion and initial stability to help you return to daily activities and living. Your return will be controlled and monitored.

Release From Care

STABILIZATION PHASE

Some cases will require more in-depth work to regain strength and stability. Your provider will reexamine you and make recommendations for this phase of care.

04

OPTIIMAL PERFORMANCE CARE

At times, patient's conditions may be caused by daily activities, hobbies or exercise regimen. If this is your case, periodic treatments for your conditions could be required.