

We have found that patients basically have 4 questions they would like to ask their doctor

1. What is my main problem?
2. What do I need to do ?
3. Why is it important for me to do this?
4. What are my options?

"PCPTA"  
Problem  
Component  
Phase

## 1. WHAT IS MY MAIN PROBLEM?

Tx

- Problem: A.  
B.  
C.

Alternatives / Options

- Components:  1. Abnormal Vertebral Alignment / Motion  
(Kinesopathophysiology)  
 2. Nerve Irritation  
(Neuropathophysiology)  
 3. Muscle Imbalance/ Spasm/ Tone  
(Myopathophysiology)  
 4. Disc and Joint Decay / Ligaments Weak- Unstable  
(Histopathophysiology)  
 5. Calcification / Fusion  
(Pathophysiology)

Phase: Spinal and Joint Decay:

- Phase I                       Phase II                       Phase III

## 2. WHAT DO I NEED TO DO?

Treatment Goals:  Pain Relief                       Stabilization / Rehab                       Stop the progression into  
Phase II or Phase III

Corrective Care Treatment (Pain Relief, Stabilization & Rehab)

- Spinal Adjustments / Manipulation  
 Manual Therapy (Trigger Point Therapy & Manual Traction)  
 Rehabilitation Therapy (Flex/Ext Traction, Decompression & Diathermy/ Deep Heat)  
 Chiropractic Re-Exams and Thermography Studies

# of Sessions / Treatments                       # Weeks

## 3. WHY IS IT IMPORTANT FOR ME TO DO THIS?

\* also consider neurophysiology & rehab  
explain physical relationship to health

## 4. WHAT ARE MY TREATMENT OPTIONS?

- Relief Care Only  
 Test/ Trial Period of Care  
 Pharmaceuticals/ Drugs/ Orthopedic /Neurosurgical Consult  
 Maintenance Care Only- Condition Beyond Rehabilitation

**PLEASE READ THIS SUMMARY OF YOUR EXAM FINDINGS AND YOUR DOCTOR WILL REVIEW IT WITH YOU.**

Patient's Name \_\_\_\_\_ Date \_\_\_\_\_

You are being accepted as a chiropractic patient because your examinations reveal evidence of a structural spinal disorder. This is interfering with normal spinal and neurological functioning and appears to be the underlying cause of your problem. Chiropractic treatments are given to restore normal *positioning* and *movement* of your spine and correct the neurological and soft tissue involvement. Our past experience with similar patients with similar problems is the best guide in determining recommendations for treatment.

How you will respond to treatment depends primarily on your vitality. Of course your age, duration and severity of the condition, delay in seeking proper care and any past injuries, accidents or surgeries will have their affect. We recommend that plans be made to proceed with the average treatment plan required in conditions similar to yours. We will discuss your treatment plan and schedule with you, as well as your spinal care options. Naturally, all of the treatment you receive will be non-invasive, no drugs or surgery.

## TYPES OF CARE

### A. CORRECTIVE STABILIZATION CARE:

The objective of this care is to provide you with relief of your symptoms and to correct and stabilize the spinal and neurological instability causing your spinal condition. This prevents your spine from progressing into Phase II or Phase III of spinal joint degeneration thus avoiding the symptoms and health problems associated with each phase. Additional time, treatment and spinal therapies allow for neuromuscular and disc rehabilitation and strengthening. We will discuss this care with you.



### B. RELIEF CARE OPTION:

The objective of this care is to provide you with treatment that will reduce or eliminate your pain and discomfort. Depending on your examination findings and your specific spinal condition, this care may also allow for some initial spinal and joint stability. We will discuss the type and frequency of RELIEF CARE that is clinically necessary for treating your spinal problem. *However, we must emphasize that this type of care is for relief only and does not allow for correction or prevention of further progression of spinal degeneration.*