



Thank you for choosing Peak Performance Chiropractic and Rehabilitation Clinic P/L. Please take a little time to read the following information about your first visit to our Clinic.

Paperwork. Please complete the "New Patient Form", which comprises of two pages and can be downloaded from our website.

X-rays. X-rays are not necessary in all cases but may be taken to assist us in determining the best treatment. If x-rays are needed, we can recommend a radiographer close to you. If you already have x-rays or other imaging, **please bring all x-rays, CT or MRI with you to this consultation.** Other tests may be ordered.

How long? Please allow approximately 60 minutes for your first consultation. This consultation will comprise of:

- A discussion with the chiropractor about your problem & history of your health
- A physical examination including spinal and joint function assessment
- A thorough explanation of your condition will be given on the first and/or second visit.
- Treatment relevant to your problem. Treatment is often, but not always, given on the first visit.

Please bring some sports shorts, singlet and/or sports bra that you can change into to have your physical exam. Otherwise we can provide a gown.

What we do: We will recommend what in our professional opinion is the best solution to your problem. This can vary from a course of manipulation, to an ongoing program of care or include rehabilitation exercises and soft tissue therapy. Our care is targeted at results, as well as looking at problems holistically. *An Initial Care Program* will be recommended if we feel we can help resolve your problem.

Muscle therapy and rehabilitation components: We focus on both muscles and joint alignment as possible causes of problems and we treat accordingly. We provide rehabilitative exercises and advice for you to assist your own recovery. This way results are achieved faster and last longer.

Patient education: Your commitment and participation will influence the outcome of your treatment to a large extent. This involves understanding what changes you can implement in your daily life to further your own health, as well as knowing how to correctly do useful, home based exercises to achieve the best possible outcome. **Bring your partner, friend, parent or other family member as having someone with you helps to remember our explanation and advice.**

Payment: Fees for services are payable on the day of consultation. Remember health care rebates may apply to some or all of the services billed. Please check with your health fund. HICAPS & EFTPOS facilities are available. We accept Visa, Mastercard, debit cards and cash.

Cancellations: Your trust in us is important, as is our time and ability to serve others. If, for any reason you cannot attend this appointment, please ring us as soon as possible to rearrange the time. If requested, we are happy to send you an SMS reminder 24 hours prior to your appointment. We charge for missed appointments and late cancellations (less than 12 hours).

We look forward to seeing you

Dr. Naomi Draeger, BChiro, BSc, BA (Soc Sci), MBA

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<http://www.peakperformancechiro.com.au>