



WE DO THINGS DIFFERENTLY HERE

We do things differently at HealthFirst Chiropractic. While some doctors focus only on pain, we go beyond. We look beyond the pain and seek to find the root cause of your pain. While some doctors do a very brief examination and treat you for what they "think" is wrong, we treat you differently. We pride ourselves on being thorough. We perform a complete and thorough chiropractic, orthopedic, physical, and neurological examination. We combine these findings with the results of your x-ray examination to determine what is actually wrong with you, and how we can help; not only to get you out of pain, but also to help you achieve optimal health.

We also offer you more in the way of treatment of your health problem. Because everyone is different, we are trained to perform several different types of chiropractic treatment. You are treated individually with the type of care that will move you towards optimal health as quickly as possible. Supplemental care such as nutritional consultation, acupuncture, rehabilitation exercises, massage, ultrasound and electrical therapy may also be utilized to help you reach your health goals.

And finally, as stated in our **Service Guarantee**, we will do whatever it takes to meet and exceed your expectations. Through time, we will earn your trust by giving you honest recommendations and the dignity you deserve by respecting your time. In fact, we respect your time so much that if at any time you wait in any one position of our office more than seven minutes, that treatment is free. You can read more about this in our **Service Guarantee**.

So as you can see, at HealthFirst Chiropractic we do "Do Things Differently", and we do them well.



N.O.W. PROMISE

Nearly when you need us. Just call and you'll be offered a prompt, convenient appointment.

On time, or it's free. Your time is important, so if you ever wait more than 7 minutes for your appointment, your office visit is free.

We guarantee your satisfaction! Let us know if something doesn't meet your expectations. We'll do whatever we need to - right then and there - to make sure you are satisfied, even if it means crediting your account.

For all your chiropractic needs, look to HealthFirst Chiropractic and enjoy a happier and healthier life.



It's your *future*,
be there
healthy with



Web site: www.healthfirstinc.com



"Our mission is to enhance thousands of people's lives... one patient at a time."



The primary treatment mode in chiropractic is the spinal adjustment. The spinal adjustment is a gentle painless technique that lends itself well to the treatment of all patients from the very young to senior citizens. There are many different techniques chiropractors use. Our TEAM at HealthFirst Chiropractic will choose that approach which will work best for your specific condition.

We also provide counseling in nutrition, diet, ergonomics and lifestyle management to help enhance your life as well as your health. Certified massage therapists are also available on-site to meet your needs.

One additional service we offer at HealthFirst Chiropractic is that we make ourselves available for health related lectures and workshops for groups, clubs and businesses.

CONSULTATION

Your first visit to our office begins with a thorough history to identify the nature of your problem. You'll be asked detailed questions regarding your past and present health condition in order to determine how HealthFirst Chiropractic can best provide you with the care needed to return you to a healthier and happier lifestyle.

EXAMINATION

A thorough chiropractic, orthopedic, physical and neurological examination will be performed. These tests will allow the doctor to pinpoint the cause of your problem and create a treatment program just right for you.

X-RAY EXAMINATION

When x-rays are necessary, they are taken in our office for your convenience. We use a state-of-the-art equipment, which offers lower radiation and better quality films. Following your first visit, the doctor will utilize information gathered from the consultation and examination to prepare for your next visit... the Results of Tests Report.

RESULTS OF TESTS REPORT

During this vital office visit, you will receive an explanation of what we learned from your first office visit and get the answers to four basic questions:

1. What is the problem?
2. Can we help?
3. How long will it take?
4. How much will it cost?

If we can help, you'll begin our 4 Stages of Care.

4 Stages of Care

STAGE 1: ACUTE CARE

In this stage of treatment, the primary goal is pain and symptom relief. Our focus is to stabilize the spine, decrease nerve impingement and reduce muscle spasms that trigger pain and other presenting symptoms.

STAGE 2: CORRECTIVE CARE

This stage of treatment is designed to correct the underlying cause of the problem. This is a critical portion of your care plan. Correction of the structural problem permits the body to recover more fully, *(not just covering up the symptoms)*, and provides for less pain and dysfunction in the future. Please keep in mind that during this phase of care you may be feeling little or no symptoms.

STAGE 3: MAINTENANCE CARE

This phase of your care is often overlooked. Routine spinal evaluations and adjustments help maintain a healthy spine and allows you to enjoy doing more of what you enjoy doing most in life.

STAGE 4: WELLNESS CARE

You are encouraged to focus on the prevention of disease rather than trying to restore good health after you lose it. Patients are encouraged to bring in their family and friends for evaluations to help them begin the process of prevention before the disease appears.



We provide chiropractic care throughout Minnesota, Eastern South Dakota and Northern Iowa to help serve you better.