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| 907 Easton Rd., Suite 1B Willow Grove PA 19090 877-TLC-4888 | **Initial Care Plan & Estimated Payment Schedule** | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Recommendations for Initial Intensive Care for: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  *Recommendations are based on findings from your initial consultation and evaluation including posture, ranges of motion, chiropractic tests and x-rays. Also taken into account are how long subluxations have been present and what phase of degeneration they are in, as well as your age and overall health. All recommendations are an estimation based on education and clinical experience and take into account patient participation and follow-through in their own care.* | |

**Your recommended initial care time:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Your Time:**  Daily for \_\_\_\_\_\_\_\_weeks x \_\_\_\_\_\_\_adjustments Daily for \_\_\_\_\_\_\_\_weeks x \_\_\_\_\_\_\_adjustments Daily for \_\_\_\_\_\_\_\_weeks x \_\_\_\_\_\_\_adjustments Daily for \_\_\_\_\_\_\_\_weeks x \_\_\_\_\_\_\_adjustments | **Your Intensity:** \_\_\_\_\_\_\_\_\_SWS Workshops (minimum)  \_\_\_\_\_\_\_\_\_Re-exams & Progress Reports  \_\_\_\_\_\_\_\_\_Re-X-rays  \_\_\_\_\_\_\_\_\_Exercises | **Finances (approximately):**  $\_\_\_\_\_\_\_\_\_\_\_\_ (including cost of exams)  **Savings:**  [ ] Insurance  [ ] Monthly Swipe Administrative Savings |

**Features and Benefits of Initial Intensive Care:**

1. Each **Chiropractic Adjustment** builds on the previous, and each visit builds towards a healthier, better aligned and more ideally functioning spinal column.
2. **Spinal Care Workshops** are in place to further how much you get out of your care and build a foundation on which more wise health care decisions can be pursued.
3. **Home cervical traction, stretches, posture exercises and core strengthening** are added as care progresses. The more engagement there is at home, the faster results can potentially be.
4. **Progress evaluations** are done approximately every 8-12 visits to measure ongoing results, and care may be adjusted based on outcomes

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| **Month #** | **Duration** | **Description** |  | **Actual Fee** | **Admin. Savings** | **Est. Monthly Payment** |
| **1** | \_ \_ / \_ \_ to \_ \_ / \_ \_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Adjustments  \_\_\_\_\_\_\_\_\_\_\_ Re-exam/report | **2 SWS** | **$** | **$** | **$** |
| **2** | \_ \_ / \_ \_ to \_ \_ / \_ \_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Adjustments  \_\_\_\_\_\_\_\_\_\_\_ Re-exam/report | **1 SWS** | **$** | **$** | **$** |
| **3** | \_ \_ / \_ \_ to \_ \_ / \_ \_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Adjustments  \_\_\_\_\_\_\_\_\_\_\_ Re-exam/report | **1 SWS** | **$** | **$** | **$** |
| **4** | \_ \_ / \_ \_ to \_ \_ / \_ \_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Adjustments  \_\_\_\_\_\_\_\_\_\_\_ Re-exam/report | **1 SWS** | **$** | **$** | **$** |
| **5** | \_ \_ / \_ \_ to \_ \_ / \_ \_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Adjustments  \_\_\_\_\_\_\_\_\_\_\_ Re-exam/report | **1 SWS** | **$** | **$** | **$** |
| **6** | \_ \_ / \_ \_ to \_ \_ / \_ \_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Adjustments  ( 1 ) Re-exam/report ( 1 ) Re-Xray | **1 SWS** | **$** | **$** | **$** |
| **7** | \_ \_ / \_ \_ to \_ \_ / \_ \_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Adjustments  \_\_\_\_\_\_\_\_\_\_\_ Re-exam/report | **1 SWS** | **$** | **$** | **$** |
| **8** | \_ \_ / \_ \_ to \_ \_ / \_ \_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Adjustments  \_\_\_\_\_\_\_\_\_\_\_ Re-exam/report | **1 SWS** | **$** | **$** | **$** |
| **9** | \_ \_ / \_ \_ to \_ \_ / \_ \_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Adjustments  \_\_\_\_\_\_\_\_\_\_\_ Re-exam/report | **1 SWS** | **$** | **$** | **$** |
| **10** | \_ \_ / \_ \_ to \_ \_ / \_ \_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Adjustments  \_\_\_\_\_\_\_\_\_\_\_ Re-exam/report | **1 SWS** | **$** | **$** | **$** |
| **11** | \_ \_ / \_ \_ to \_ \_ / \_ \_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Adjustments  \_\_\_\_\_\_\_\_\_\_\_ Re-exam/report | **1 SWS** | **$** | **$** | **$** |
| **12** | \_ \_ / \_ \_ to \_ \_ / \_ \_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Adjustments  \_\_\_\_\_\_\_\_\_\_\_ Re-exam/report | **1 SWS** | **$** | **$** | **$** |
|  | **Estimated Total** | |  | **$** | **$** | **$** |

*This is purely an estimation for care and schedule. This is subject to updates based on the patient's rate of progress and participation in homework. Re-examinations are marking points for updates in care only if applicable*