

New Patients

Getting Started at Westwood Family Chiropractic

Welcome to Westwood Family Chiropractic!

Your first visit will be approximately an hour long. It will include a health history consultation, physical examination, computerized postural assessment and x-rays, if necessary.

All of these tests allow us to determine the most appropriate technique and approach to help you. It also gives us a baseline for future tests so we can accurately measure your progress to see how your spine is improving. At the end of your first visit we will schedule for your second appointment which we call the [Report of Findings](#) and your [Self Care Workshop](#).

[Request an Appointment](#)

Your First Visit

Initial Forms

Feel free to fill out [our intake forms](#) before your first visit to the office.

Consultation

The consultation is a designated one-on-one time for you and the doctor to review your health history, address any concerns or questions that you may have, and explain how chiropractic care may help.

Examination

Following the consultation the doctor will perform a complete chiropractic evaluation testing the health of your nervous system. This will include a physical examination of your spine and a computerized postural exam.

X-Ray Study

Depending on your health history, age, and exam findings, we may suggest x-rays. X-rays give us the ability to see the alignment and motion of your spine. It gives us a clearer picture of spinal biomechanics and your spinal history.



Your Second Visit

Report of Findings

This visit will explain the findings from your first visit, it will last approximately 45-60 minutes. This visit will allow us to explain how we can help you. We will start with a short video that will prepare you to understand your exam findings. The doctor will review your exam results, present your recommended personalized care plan, review financial options, and outline the benefits you can expect.

Your First Adjustment

At the end of your second visit you will have the opportunity to receive your first chiropractic adjustment. Our goal is to support you in the best manner possible. Some opt to use chiropractic care to build their general well being. Some opt to use chiropractic care to help with an immediate concern. We will support you to receive the type of care that you desire for yourself and/or your family.



Self Care Workshop

This visit allows us to explain how you can help yourself and lasts approximately 45-60 minutes. It is organized as a group visit and will provide information and helpful tools to empower you to make informed choices about your health and wellbeing.