

Documenting essential care:

Question to ask the patient before their adjustment:

- *Do you believe that your chiropractic care is essential? And why?*

The chiropractic care provided today is for the purpose of:

1. Reducing active symptomology and restoring ADLs such as:
 - a. Cleaning the house – vacuuming, interacting with their grandchildren, etc.

In the light of added stress, the patient is under physically, socially, professionally and financially due to the “stay at home” order we are under, specific adaptations are recommended. Those changes required are:

- In office:
 - Maintaining the frequency of spinal adjusting
- At home:
 - Tractioning
 - Spinal rehabilitative exercises
 - Increasing his/her hours sleeping and decreasing screen time and taking specific daily actions to reduce mental health – such as walking outside, being in phone contact with other people.

The patient and their spinal condition requires that they be under active care on a frequency of _____ time a week.

As the environmental conditions change the patient’s progress will be re-evaluated and changes and adaptations will be assessed and documented.