



# How to Get Adjusted

*To receive the most benefit from each and every adjustment, please take the following steps every time you are here with us.*

**Step 1:** Always try to arrive several minutes early for your adjustment so that you can relax in your **“mirror image.”** This will allow you to receive the most benefit, vibrancy, and correction from the adjustment.





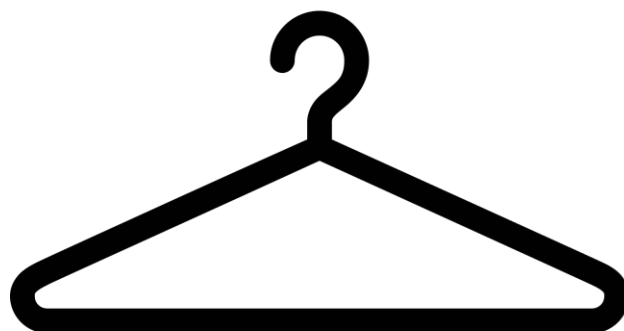
**Step 2:** Please be sure to turn off (or place on vibrate) any cell phones or pagers.





**Step 3:** Remove your coat or other outerwear and hang it in the closet before checking in, as this assures other patients **have seats**. Also remove all other bulky attachments that you may have on your belt, hips, or pockets and use the baskets provided to carry these along with you.

–This too will elevate the quality of correction from the adjustment and it will prevent any discomfort while moving on the table.





**Step 4:** Check in and ask for (or take) the day's article for reading. Once the Front Desk CA informs you that you head back for your adjustment, please bring your basket and your article to the Adjustitorium and take a seat.





**Step 5:** Please be seated in the Adjustitorium until it's your turn and the very next table becomes available. While waiting for a table, make your time blessed by listening to every health-related discussion, looking at the x-ray WOW view box, reading your article, etc...

–The healthiest patient is the noisiest patient. Be a “bother”! That is the fastest, most effective way for you to learn everything you need to know about your most ideal expression of health.





**Step 6:** Once a table is open, lay face down in what is your **radiographic mirrored image**. Please ask us if you don't know how to yet.





**Step 7:** Once in your mirrored image position, take slow, deep, successive breaths, allowing as much tension as possible to drain its way out of your shoulders, pelvis, and legs.

–Continue this slow deep respiration until it's time for the doctor to adjust you. Be sure each of the three regions of your body is reversed.

–The primary areas being the pelvis (low back), thoracic (mid back) and the neck region. Please be sure to allow the doctor to set the neck region.

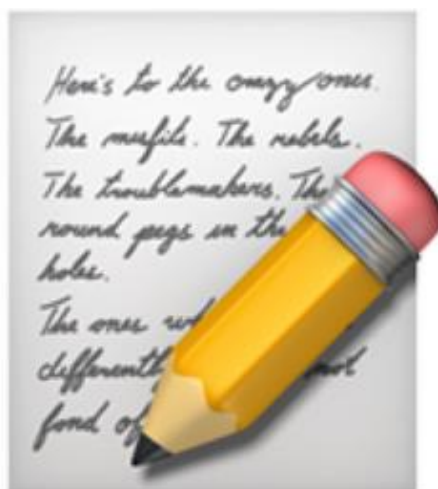




**Step 8:** Your adjustment itself can take just an instant in time.

–The quality of your adjustment is in no way proportional to the length of the adjustment. It is relative to the quality of your initial examination, x-rays, scans and periodic reassessments.

–It is also very dependent upon your HOMework. Please be sure you are doing all your home assignments.







**Step 9:** Upon the doctor announcing completion of the adjustment, take an additional, large deep breath. Come up to the seated position where you should pause, sit up straight, take an additional deep breath.





**Step 10:** Post adjustment, please allow the doctor to communicate their recommendations for your care moving forward.





**Step 11:** Check out is on the opposite side of the front desk from where you checked in. Please bring your things with you and take note of when your next spinal workshops and adjustments are. Also, please take the most current newsletter, article and research with you so others can benefit too.



