



The process WHAT TO EXPECT

You will be educated on the treatment process as well as given a home program that will complement the hands-on treatment we provide in the clinic. This home program is designed to continue the progress at home from the success gained in the clinic.

VERIFY

FREE 15-MINUTE PHONE CONSULTATION

This call will determine if your neck is part of your headaches/migraines and if you are a candidate for the treatment approach that we offer. It rules out 'red flags' and will give you knowledge/facts so you can make an educated decision on the next steps.



CONFIRM

Examination of your history, triggers & areas that can be identified to make a high impact towards getting your relief. At the end of the initial examination, we will have confirmed even more that your neck is part of your headaches or migraines and your treatment starts on this visit! Our goal is to educate you as to why your treatment plan fits you specifically. You will also receive a home program that specifically complements the treatment that was provided.

APPROACH

Our most effective initial treatment plan includes 6 visits. Treatment starts on day 1 and the follow-up treatments are specific to the findings on the evaluation. The first 4 visits are scheduled within 2 weeks, with at least 2 days between each session. Out of town clients may have a modified schedule to fit their needs/situation.

At visit 2 or 3, we need to assess our progress/test the "system" and so we work with you to determine how this process will work. For example, if chocolate or alcohol were a trigger, we will ask you to partake in your trigger to see how you respond. The feedback you provide gives a glimpse of the progress. We will also start the discussion regarding the decreasing of your medication intake (as guided by your prescribing provider).

Visits 5 and 6 are tailored at least one week apart (starting at one week from visit 4 to 5) to see how you are doing with more time between sessions.

Follow-up visits beyond the 6th visit are very common and are highly recommended. These follow-up visits maybe 2 weeks to 6 months apart to allow the home program to become even more effective in place of the hands-on treatment. This sets you as the patient up for long term relief even more.

LONG TERM RESULTS

From the 15-minute phone consultation to the completion of the 6 sessions, we guarantee that we will make significant changes in your neck. You will have greater movement, less neck pain and your neck will have been removed as a driver (or the embers) of your headaches or migraines. These changes in the neck allow for the neurological aspect (headache & migraine symptoms) to improve. The symptoms may respond during our treatments (very common) or in some situations, the significant changes occur after the initial 6 visits. The longer you have had your headaches and migraines, the more "ingrained" your pattern of headaches and migraines are. As you track your headaches and migraines (with the App or on pen and paper), you will see your progress.



Get Back To The Things You Love
A QUICK CALL CAN CHANGE YOUR LIFE!

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