

Your First Visit

Welcome to Shrewsbury Family Chiropractic



New practice members often mention how welcoming and comfortable our office is. Our aim is to create a warm, relaxing atmosphere where we provide professional, life enhancing chiropractic care.

Your consultation

First, you will be asked to complete some initial paperwork. From here you'll meet Chiropractor Glenn Fredericksen or Laura Beaumont. Glenn or Laura will discuss in detail your health history, current concerns and your desired goals for care. The purpose of your consultation is to find out as much as you are willing to share about your health and lifestyle. We want to be sure chiropractic is likely to help you. If it looks promising, a thorough assessment will then help identify any areas of health dysfunction.



Your assessment will include:

- Postural analysis
- Range of motion assessment
- Orthopaedic testing
- Neurological evaluation
- Chiropractic analysis
- Computerised Surface Electromyography (SEMG) scan
- Computerised Infra-Red Thermography scan
- Computerised Heart Rate Variability scan

You deserve the best

To aid in your assessment, we use high-tech Insight Scanning Technology which is certified by the Space Foundation (co-founded with NASA). We have invested in this technology because we believe that you deserve the best when it comes to healthcare. This computerised scanning equipment helps us to objectively detect areas of nerve system stress as well as document and monitor your results over time.

What if I require x-rays?

Sometimes it's necessary to see the spine in order to make the most appropriate decisions for your care. At Shrewsbury Family Chiropractic we have a very good relationship with the Royal Shrewsbury Hospital (RSH). We can organise x-rays to be taken privately by the RSH. These are analysed by a radiologist and then a report and the images are sent directly to us.

We can also request copies of previously taken images (both MRI's and X-rays) even if they have been taken at another hospital. Often these diagnostic images are beneficial to determining your needs.

Chiropractors are also trained to take x-rays and analyse and interpret the images. Once we have your diagnostic images and radiologist's report from the hospital our chiropractors will complete further analysis of them to identify postural distortions and developmental changes that may have occurred in your spine. We enjoy taking the time to show you the actual images, outlining what is effecting you and how we can help.

Please allow approximately 60 minutes for your first visit to our office.

On your second visit we will review all of the exam findings from today's initial visit.

Your Second Visit

The findings

After we study your health history and correlate the findings of our analysis, we'll make recommendations designed to help you get healthy and stay well. We will present these to you at your second visit.

Recommendation visit

We call this the Recommendation Visit as we outline your specific problem areas and our recommended care plan. Time is included for your adjustment if you decide to proceed with care. This visit is usually completed within a few days of your initial visit.

After your initial two visits you are on your way to better health. Together we have established your goals and we have a plan so your regular visits will not be as long as your first or second visits to Shrewsbury Family Chiropractic. We hope you will find the appointments will fit into your schedule easily.

Regular Visits

Chiropractic adjustments visits at Shrewsbury Family Chiropractic.

After the investment of time needed on the first and second visits, your regular visits will be less time consuming. A typical office visit may require just a few minutes.

But don't think the brevity of a regular visit lessens its value! Following the initial investigations and planning, we know what we need to do so we can quickly assess the condition of your spine and nerve system, adjust you accordingly and get you on your way.

Like a regular workout at the gym, each visit builds on the ones before. Missed visits can interfere with the momentum necessary to make the needed changes.

[Your time is as valuable as your health](#)

We recognise your time is valuable, so we do everything possible to run on time and minimise the impact on your schedule.

That said, we won't rush you. If you wish to relax and take time learning about healthy lifestyle choices while you are here, we have plenty of resources and love a healthy discussion. This often provides further opportunity to explore your lifestyle choices and learn from a group of people passionate about health.



Reassessment Visits



During your care at Shrewsbury Family Chiropractic we will monitor your progress and achievement of your goals by completing regular reassessment visits.

[Measuring results](#)

Thanks to the non-invasive nature of our high tech computerised scanning equipment that we used on your first visit, we can repeat scans to detect changes in nerve system stress. Through scans together with simple health surveys and performing small physical examinations we can monitor your progress over time.

Like your first two appointments with Shrewsbury Family Chiropractic, your reassessment visit will be slightly longer than your regular visits.