

My First Visit to the Chiropractor

I will go to Focus on Health Chiropractic to feel better

I will follow directions. I will stay calm and be safe. I will tell someone if I need or want anything.



First, I check in at the front desk on the iPad.

I have to type in my phone number.



Then, I wait in the waiting area. I can watch the TV, read, or use anything I brought with me.

I can ask to use the bathroom if I need to go.



Next, I will back to a room to talk to someone about any pain or discomfort I might feel.

I will watch a video about the chiropractor.



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I might go to a room for an x-ray.

I will lay very still and only move when told to. This will not hurt.



Then, I will go to a room and lay down on the table.

The doctor will examine me by pushing and pressing on different areas.

I can tell him if I need a break or have a question.



When I am finished, I check out at the front desk.

I am all done!

