

Dear New Patient,

Welcome to our office! We look forward to becoming your partner in assessing and improving your health. Before your first visit, please take a few moments to read the enclosed flyer explaining chiropractic and functional medicine.

In your first visit, Dr. Pedersen will obtain a complete health history. The key to functional medicine is treating each person as an individual and getting to the root cause of health problems. That generally entails a detailed conversation about your current state of health or pain issues, health history, family history, diet, lifestyle habits, etc. At that point, Dr. Pedersen will discuss with you potential approaches and recommended laboratory workups. This visit will last approximately 50 minutes and is primarily an information gathering and sharing session. Dr. Pedersen may make some simple recommendations at this time, but most advice will be deferred until after lab and physical exam results are in and there has been time to thoughtfully consider your case.

The second visit is generally scheduled a few days or a week later. Any physical exam that is indicated will be performed during your second visit. It is at that time that Dr. Pedersen will discuss the review of findings. This includes what may be causing your pain syndromes or health problems and what regimen of chiropractic care, supplementation (vitamin, minerals, herbs), diet, and lifestyle changes may be needed, as well as any or other treatments that may be appropriate for your care. Your regular treatment visits are usually scheduled in approximately 6 to 12 week blocks. Reevaluations will be scheduled every 6-12 weeks from this visit to follow-up on your progress and make any adjustments in your program.

How often you see Dr. Pedersen or a member of her team after that will depend on how you have progressed and why you are being treated. Some healthy people see Dr. Pedersen only once a month for physical exams and screening lab tests. Many people who have multiple complaints are seen more often based on the severity of their condition.

If you have any further questions after reading the enclosed information, please call our office. We will be happy to assist you. Please be sure to complete all forms and bring them with you to your appointment. We look forward to working with you.

In health,  
Laura Pedersen DC and staff

“Our mission is to provide honest, organized, attainable treatment to our patient community in order for them to live ideal, inspired, vital lives. We respect our patient’s time, space and place in life to help them evolve toward or maintain their own personal self-actualization. We incorporate a balanced approach through chiropractic, functional medicine and lifestyle therapy to guide our patients to achieve their goals. Thank you for sharing your journey with us.”