

Welcome to our NUCCA Practice! We are very excited to help you create health in your life with NUCCA.

NUCCA is a process that starts with the initial visit. The goal of this visit is to determine how your bones are shaped, how they are misaligned, and to correct you to restore structural balance and level the pelvis. We welcome questions during all of your visits; however, if your question requires some research or a detailed answer, we will schedule a separate time to talk with you in person or by phone.

We are including a few forms for you to complete and bring with you on your first visit. Please complete them all prior to arriving for your initial visit. We need to spend the majority of the scheduled time frame examining your spine with posture analysis and taking accurate, NUCCA specific x-rays. The initial visit occurs in two parts:

Visit 1a: Health history and spinal evaluation (approximately 20 minutes)  
3 NUCCA specific x-ray views of your head and neck (approximately 1 - 1.5 hours)  
(sometimes x-rays need to be repeated in order to get the most accurate information and give you the best NUCCA correction possible)  
Marker measurement (approximately 5 minutes)

Visit 1b: Report of X-ray findings (approximately 10 minutes)  
Initial NUCCA correction and post spinal evaluation (approximately 20 minutes)  
Post NUCCA specific x-rays to make sure you are realigned properly. We may have to repeat the correction and post x-ray process as some people realign more easily and some take more effort. (approximately 30 minutes – 1 hour)  
Take home instructions (approximately 10 minutes)  
Marker measurement (approximately 5 minutes)

Between parts 1a and 1b the doctor will take 30 or more minutes to analyze your x-rays to determine how to correct you unique to your misalignment. You may schedule 1a and 1b on the same day or on different days. We encourage you to eat a meal before you come to the office and bring snacks with you as you are with us for a long period of time. We have a small refrigerator that you can use and we also provide bottled spring water. There are several restaurants within .5 miles of our office.

To expedite the initial visit, please wear a shirt with no collar, i.e. a T-shirt or scoop-necked shirt and dress comfortably. Also, please wear or bring a pair of shoes that cover your entire heel and that are flat or have a low heel. Please remove any jewelry that is on or near your head and neck before arriving. During the x-ray process, be prepared to remove dentures and removable dental appliances.

Lastly, please do not allow anyone to manipulate or massage your neck 4 days prior to your initial NUCCA visit. We need to x-ray your neck in a settled position to get accurate information and these treatments can cause the nerves and, therefore the muscles and joints to be active for 4 days.

Please sign the attached sheet confirming that you have read and understand the process and requirements of the first visit.

I have read the attached letter and understand the process and the requirements of the initial NUCCA visit at Body in Harmony, PC.

Printed Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_