



DAILY PRE-EXAMINATION PREPARATION

Since the nervous system controls every function in our bodies, chiropractic care in this office is based upon improving nervous system function and therefore health. The nervous system is evaluated through the use of Computerized Infrared Thermography (CIT- the scans that we run up the spine). This is an extremely sensitive test which requires some prior preparation on the part of the patient in order to insure its accuracy. Because our care is based on improving the nervous system, it is imperative that our CIT exam is without error so we may properly care for our patients' health.

In order to obtain an accurate CIT scan, the following preparations must be made by the patient prior to performing the exam:

We hope that this pre-examination preparation is not of any inconvenience to you. However, this will insure the accuracy of the CIT scans so we may best care for your health. If you have any further questions, please feel free to ask the doctor. Thank you for your cooperation.

SHIRT COLLARS

Please be sure that dress shirt collars are loosened significantly to the point of exposing the neck. Turtle neck type collars should be turned down to bare the neck. This change must be made prior to, or at the time of, entering the office. Exposing the neck will allow the skin to cool back to true temperature.

JEWELRY

Please remove all necklaces prior to, or at the time of, entering the office. Removal of any metal from around the neck will allow the skin to warm back up to true temperature.

HAIR

The only problem encountered with hair is when it is wet. Please refrain from arriving for office visits with wet hair. If a patient's hair is wet, it is imperative that the hair is tied up upon entering the office.

SKIN CONTACT

Please keep from rubbing or touching the back or neck before entering or while in the office. This will change the true temperature of the skin. Parents with infants should try to sit them up with their backs against your chest or place them in a car seat or stroller before the examination. If the child is held cradled in one arm or over the shoulder, one side of the child's neck will be in contact with the parent, thus changing the true temperature of the skin of the child's neck on one side.

ACCLIMATION TIME

It is necessary for every patient to spend at least 10 minutes in the controlled temperature of our office before a CIT scan can be performed. The temperature difference from the outside of the office to the inside, uneven temperature exposures to the body, the above mentioned problems, etc. can significantly decrease the accuracy of the scans. Therefore, try to arrive 10 minutes early to every visit to allow for this minor waiting time.