

Total Health Chiropractic Center

"We'll Keep You Healthy"



"We'll Keep You Healthy"

**TOTAL HEALTH CHIROPRACTIC CENTER
3011 CITRUS CIRCLE, STE 102
WALNUT CREEK, CA 94598**

**925-930-7902
925-947-1007**

WELCOME TO OUR OFFICE

www.yourwalnutcreekchiropractor.com

We are very happy you chose us to be a part of your health team!

I believe the health team approach is the key to living healthy, happy and pain-free!

Your health team can have different health care professionals at the same time, depending on your current health needs and health crisis. As part of your health team we promise to give you the best personalized care in chiropractic medicine.

NEW PATIENT OFFER: **CALL TODAY: 925-930-7902**



\$200.00 VALUE

NOW \$50.00

ONE CHIROPRACTIC EXAMINATION, ONE CHIROPRACTIC TREATMENT, REHABILITATION EXERCISES.

x-rays, if needed are extra, new cash patients only. We accept most health insurance-call to see if we participate with your health insurance. One new patient offer new per patient.



Chiropractic Medicine and Your Care

Chiropractic medicine restores proper joint movement and function through specific adjustments or manipulations to those joints. The adjustment returns proper nerve tone to the ligaments and muscles allowing more natural function or movement.

After a while the muscles, nerves and ligaments start to heal and begin to function together allowing you to feel more movement with less pain and stiffness.

Once we establish proper joint movement you can begin to strengthen what is between them; the nerve, muscle, and ligament tissues. While under care we assign customized exercises just for you!

CUSTOMIZED EXERCISES

Part of your treatment plan includes customized exercises through our Wellness Website or [Chiro-Life](#). Did you know that the latest research suggests functional exercises enhance the chiropractic experience and build core strength giving you lasting results?!

[After your first week of treatment](#) we will assign you a password and login to your [customized exercises](#). There is no charge while being treated. We encourage you to take advantage of the exercise website at no charge; valued at \$229.00 so you can realize amazing results!

HOME THERAPY

Home therapy works synergistically with your office treatment and helps you heal faster! We recommend the following at-home-therapies while being treated:

- ✚ Ice the treated area for 10- 15 minutes each night for the first week
- ✚ Follow your exercises after the first week and updates to your exercises
- ✚ Avoid aggravating postures when you can, take micro-breaks from restricted posture





Thank you for trusting
me with your health,

**Total Health
Chiropractic Center**

Curtis Haake D.C.

Health Coach

DID YOU KNOW

We address exercise, nutrition, diet and stress as part of your treatment plan. After all, how you live and experience life's bumps and bruises contributes to your current health crisis.

Part of your treatment plan is a customized wellness page with rehab exercises and diet templates:

http://www.wellnessengine.com/chiro-life/trainer_home.asp

Know someone who could benefit from chiropractic care? Referred family and friends receive 50% off their first visit. Simply have them

[Call today to schedule an appointment](#)

Check out our BLOG for

[Topic of the Month](#)

and other informative health tips!

YOU'RE HEALTH GOALS

While under care list three health goals you would like to achieve. Examples include exercise pain free, work at the computer pain free or walk three miles a day. Health goals include feeling reduced pain, increased movement or something you want to achieve but cannot due to your health crisis.

#1

• Health Goal:

#2

• Health goal:

#3

• Health Goal:

FOLLOW US ON THE WEB

