Yellowstone
PAIN RELIEF CENTER

PAIN RELIEF TREATMENT PLAN FOR: SAMPLE **DATE:** 1/1/11

	TREATMENT / THERAPY	SPECIAL INSTRUCTIONS
WEEK 1		
	Chiropractic appt. with Dr. Holl	Wear comfortable clothing
	Acupuncture appt. with Pam Cannon	Please come to your appt. early to fill out paperwork
	Prolotherapy injection with Dr. Brayko	
	Other	Practice daily the exercises assigned by Dr. Holl
WEEK 2		
	Nutrition appt. with Dr. Brayko	Follow the Bioelectrical Impedance Analysis (BIA) instructions given by Dr. Brayko
	Posture analysis with Dr. Holl	Wear or bring shorts
	Muscle energy technique and craniosacral therapy with Dr. Brayko	
WEEK 3		
	Chiropractic appt. with Dr. Holl	Wear comfortable clothing
	Acupuncture appt. with Pam Cannon	
	Massage with Jessica	
WEEK 4		
	Peat bath with Dr. Day	
	Muscle energy technique and Kinesio taping with Dr. Brayko	
	Chiropractic appt. with Dr. Holl; reassessment with Drs. Holl and Brayko	After chiropractic treatment, we'll discuss any future treatment needs and/or recommended self-care.

Participant's signature: _____ Physician's signature: _____