Clinician — Doc Brown, Chiropractic Physician
Issued — September 22, 2026

YOUR PLAN OF CARE

The Road To Recovery — Marty M.

Your recommended plan is 12 visits, delivered in three phases. Each phase has a different job.

1 **Relief** — 5 visits · Days to weeks
Reduce your pain, spasm, and inflammation so you can move again.
ENDS WITH YOUR 1ST PROGRESS CHECK

2 **Corrective** — 4 visits · Weeks to months
Rebuild motion, strength, and stability so the relief holds.
ENDS WITH YOUR 2ND PROGRESS CHECK

3 **Maintenance** — 3 visits · Ongoing
Protect the correction and catch small problems before they flare.
ENDS WITH YOUR MAINTENANCE REVIEW

WHAT WE ARE DOING AT EACH VISIT

Chiropractic Spinal Adjustments
Specific adjustments to restore normal motion to the joints that have stopped moving well.
12 sessions recommended

Extremity Adjustments
Adjustments of the shoulder, hip, knee, or other extremity joint contributing to the complaint.
12 sessions recommended

Adjunctive Physiotherapy
In-office physiotherapy alongside the adjustment to reduce spasm and speed up tissue recovery.
12 sessions recommended

Therapeutic Exercise & Stretching
Prescribed exercises and stretches to restore range of motion and strengthen supporting musculature.
12 sessions recommended

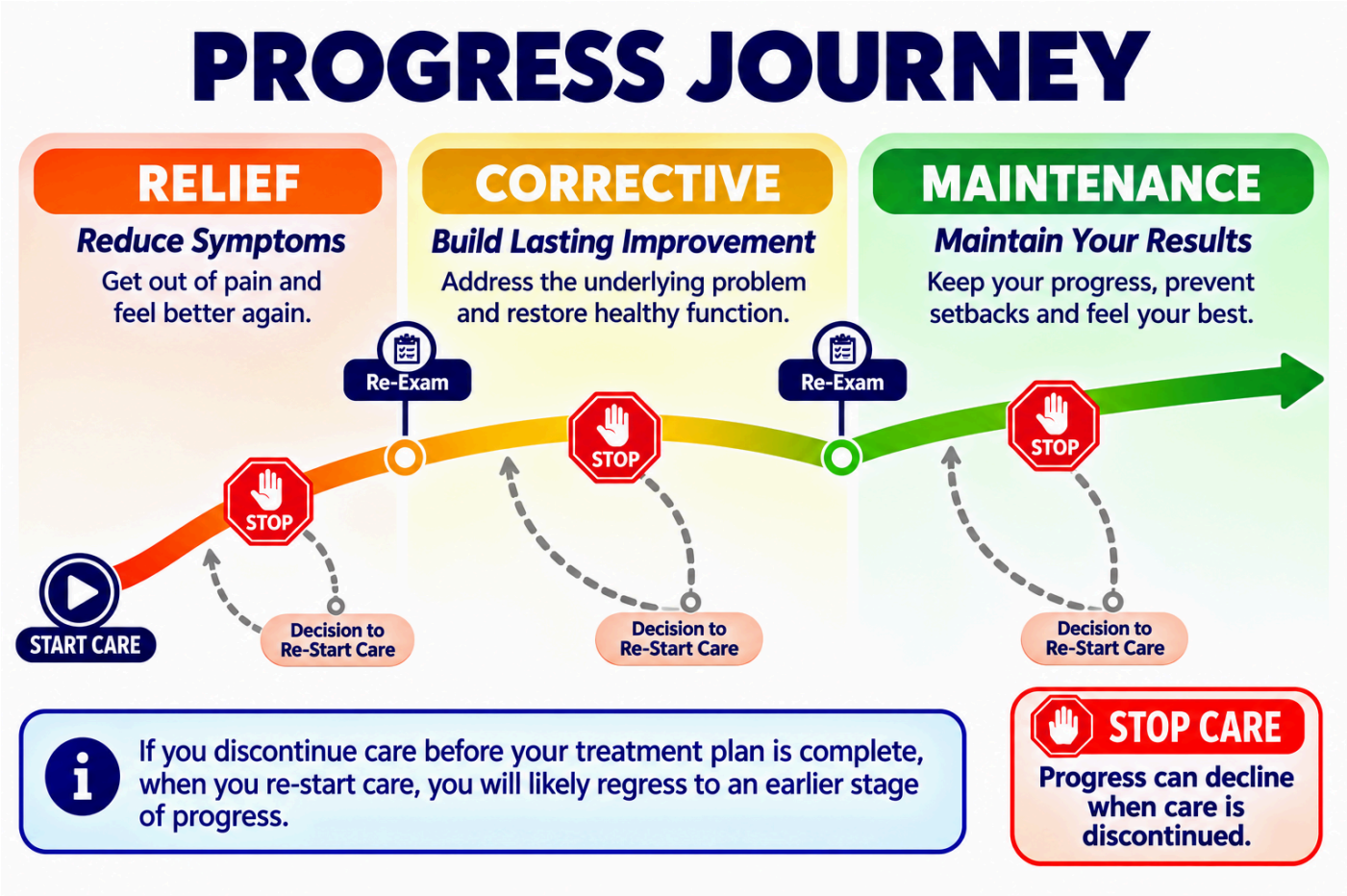
Spinal Traction / Decompression
Cervical or lumbar traction to decompress the affected spinal segments.
6 sessions recommended

Class IV Therapy
Low-level laser applied to the injured tissue to reduce inflammation and pain.
6 sessions recommended

YOUR PLAN OF CARE

Your Progress Journey — Marty M.

This is how progress builds through each phase of care, and what happens if care stops before the plan is complete.



Staying consistent through the first two phases is what keeps relief from slipping backward. If care stops early, symptoms commonly return and the plan has to start over.

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FINANCIAL OVERVIEW

Your Cost Of Care — Marty M.

Here is exactly how your plan of care is calculated, and the ways you can pay for it.

SERVICE	PER VISIT	VISITS	SUBTOTAL
Chiropractic Spinal Adjustments	$80.00	12	**$960.00**
Extremity Adjustments	$70.00	12	**$840.00**
Adjunctive Physiotherapy	$55.00	12	**$660.00**
Therapeutic Exercise & Stretching	$55.00	12	**$660.00**
Spinal Traction / Decompression	$70.00	6	**$420.00**
Class IV Therapy	$60.00	6	**$360.00**
		Total Plan Of Care	**$3,900.00**

THREE WAYS TO TAKE CARE OF IT

OPTION 1

Pay In Full

$3,315.00 today

One payment today for the full plan of care. A 15% courtesy discount is applied.

Plan total $3,315.00

OPTION 2

50 / 50

$1,755.00 × 2

Half today, half at the midpoint of your plan of care. A 10% courtesy discount is applied.

Plan total $3,510.00

OPTION 3

4-Pay Plan

$975.00 × 4

Four equal payments spread across your plan of care.

Plan total $3,900.00

These figures are an estimate of the recommended plan of care based on this office's fees. They are not a guarantee of insurance coverage, reimbursement, or clinical outcome. Your plan can be adjusted at any progress check as your condition changes.