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WELLNESS CENTERS

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CHIROPRACTIC

Your First Visit

What to Expect

A friendly walkthrough of your first appointment at Freedom Wellness Centers.

A free patient education guide from our doctors

(630) 289-2225 · freedomwellness.llc · Hoffman Estates, IL

Welcome

Walking into a new healthcare office can feel like stepping into the unknown. Will it hurt? How long will it take? What will they actually do? Those are exactly the questions we hear every week, and they are exactly the questions this guide is designed to answer.

At Freedom Wellness Centers, your first visit is about one thing: understanding you. Not just your spine, but your history, your goals, your daily routine, and what you want your life to look like when you are feeling your best. Here is how it works, step by step.

Before You Arrive

A little preparation helps us make the most of your time. When you book, you will receive new patient paperwork you can complete ahead of time. Filling it out at home lets you think carefully about your health history instead of rushing through forms in the waiting room.

- Wear comfortable clothing you can move in easily
- Bring a photo ID and any insurance card you plan to use
- Bring a list of current medications and supplements
- Bring any recent X-rays, MRIs, or reports related to your concern
- Plan for about 45 to 60 minutes for this first appointment

Step 1: Your Consultation

Your visit begins with a conversation, not a table. One of our doctors will sit down with you to talk through what brought you in, when it started, what makes it better or worse, and how it is affecting your work, sleep, family life, and activities.

We also want to hear about your goals. Maybe you want to golf without stiffness, pick up your kids without hesitation, or simply get through a workday without a nagging ache. Your goals shape your care plan.

Step 2: A Thorough Examination

Next comes a hands-on evaluation. Depending on your situation, this may include:

- Posture analysis and range-of-motion testing
- Orthopedic and neurological tests (reflexes, strength, sensation)
- Palpation to assess joint movement and muscle tension
- Imaging such as X-rays, only when it is clinically indicated

If anything in your exam suggests a condition outside the scope of chiropractic care, we will tell you directly and help you find the right provider. Your safety always comes first.

Step 3: Your Report of Findings

We believe informed patients get better results. Once we have reviewed your history and exam, your doctor will explain what we found in plain language, what we believe is contributing to your symptoms, and what a realistic plan looks like, including the expected number of visits, cost, and timeline. You will never be asked to commit to anything you do not understand.

Step 4: Your First Adjustment (When Appropriate)

In many cases, if it is safe and appropriate, you can receive care on your first day. Adjustments are gentle, specific movements designed to restore motion to joints that are not moving well. You may hear a soft popping sound, which is simply gas releasing from the joint. Many patients describe the feeling as relief or lightness. If you prefer a lower-force approach, just ask; we have options.

Our Promise to You

No pressure. No confusing jargon. No one-size-fits-all plans. You will leave your first visit knowing what is going on, what we recommend, and why.

First Visit Checklist

- ☐ New patient forms completed
- ☐ Photo ID and insurance card
- ☐ Medication and supplement list
- ☐ Prior imaging or reports
- ☐ Comfortable clothing
- ☐ Your questions written down

Common Questions

Does an adjustment hurt?

Most patients feel little to no discomfort. Some feel mild soreness for a day, similar to after a new workout.

Do I need a referral?

No referral is needed to see a chiropractor. Call us if you have coverage questions.

Will I need X-rays?

Only if your history and exam suggest they will change your care. We do not image by default.

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YOUR NEXT STEP

Let's get you feeling your best again.

Ready to take the first step? Call (630) 289-2225 or book online at freedomwellness.llc/book. We look forward to meeting you.

Book Now: (630) 289-2225

freedomwellness.llc/book

VISIT US

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Hoffman Estates, IL 60192

OFFICE HOURS

Tue & Thu: 8am-12pm, 3pm-6pm
Wed: 3pm-6pm
Sat: 8am-12pm
Fri: By appointment only
Mon & Sun: Closed

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