



Belleville Chiropractic and Wellness Center
1019 River St., Suite 5 Belleville, WI 53508
(608) 424-1840

Our Office Policy

***Our mission is to help as many people as we can,
regain and maintain their health especially children.***

Chiropractic care is based on the following principles:

1. That the body is a self-healing, self-regulating organism. In other words, it is designed to heal itself.
2. That the nervous system is the central computer system, which runs that body.
3. Any interference to the function of the nervous system would then necessarily cause the body to malfunction and cause ill health.
4. **Our purpose** is to restore law and order. In other words, remove the interference.

Our Office Hours:

Monday 7:30am – 8:00pm
Tuesday 1:00pm – 5:30pm
Wednesday 7:30am – 5:30pm
Thursday Closed
Friday 7:30am – 5:30pm

Your Schedule:

Your schedule of adjustments is vitally important for your recovery. Frequency of care is generally more intensive at the onset of your chiropractic program. The doctor is attempting to alter your body's bad habits.... each adjustment builds on the next. While your first correction may only last a few hours, with time, your body will "hold" its adjustment for longer and longer periods of time and with good re-exam results your adjustment frequency will become less and less!! Your progress is monitored by our doctor at regular intervals. These re-examinations take place at special times of the day so it will be necessary to schedule time for you well in advance. Your progress examinations may or may not include x-rays.

Missed Appointments:

Our policy on missing appointments is simple, **YOU DON'T!!!** Sounds a bit harsh but we are serious about your recovery. In order to provide you and other patients with the best optimal care, we request that you follow our guidelines regarding appointments. Please remember that we have reserved appointment times especially for you. Therefore, we request at least a 24-hour notice in order to reschedule your appointment. This will enable us to offer your cancelled time to other patients that desire to get their treatment completed. When you miss or cancel your appointment at the last minute everyone loses, you, the doctor and other patients that would of utilized your appointment time. We will reserve the right to charge for missed appointments or last minute cancellations. Please realize how important it is to keep your reserved time. We understand that that there are times when circumstances are beyond your control and you must miss your appointment without calling. We just ask that in that circumstance you call us as soon as possible.

Not feeling Well?

If you are feeling a little under the weather, fighting the Flu etc., please remember that a chiropractic adjustment will help you immensely. It will boost your immune response and help your body deal with your "bug" faster. When feeling unwell, it does not necessarily mean you are "sick". It simply means that your body is fighting for your recovery. You may not like what your body is doing but it is for your benefit (diarrhea, vomiting, fever.) Don't feel like you have to stay home, call us for an appointment and we can help you to start feeling better.

Patient Cooperation:

Your Doctor's specific recommendations for you are based on your consultation, the results of your examination, X-rays, experience, expertise etc. It is imperative that you fully cooperate with his recommendations so that you have great results!

What to expect after your first appointment :

Subluxations interfere with the function of your nervous system. If not corrected, a subluxation will produce malfunction of your body and will eventually produce a serious problem and symptoms. By correcting your subluxations, nerve interference is removed and your body starts working properly, healing occurs and damaged cells are replaced by healthy cells. As mentioned earlier, your body has actually learned a habit of trying to deal with your subluxations on its own. We need to change this habit. This takes time and everyone is very different. So....be patient! If you never have been adjusted, or if it has been awhile since your last adjustment, you may experience soreness or discomfort for for a few hours to a few days. This a normal reaction to chiropractic adjustments.

1. If you are sore, use ice packs on affected area. Ice therapy consists of the use of ice packs at 20-minute intervals followed by 40 minutes of rest. This can be repeated as often as needed. Do not apply ice directly to the bare skin. Always protect skin with a thin covering such as shirt or light towel. Cover the ice pack with towel to retain the cold.
2. Do not use heat except under the doctor's instruction. Heat may aggravate your injury.
3. Stay away from heavy lifting or repetitive movements until doctor indicates you are ready for normal activities. Strenuous athletic activities such as running, lifting weights, impact aerobics, racquetball, tennis, skiing, bowling, etc. should be avoided. Other things to avoid are yard work such as raking, digging, lifting heavy objects such as groceries, pets, and children, and any other activities that could aggravate or re-injure your condition.
4. Unless indicated by the doctor, you may return to work/school after your appointment.
5. If sudden movement causes sharp or severe pain, or if you experience swelling, contact the clinic at 608-424-1840. After hours, Contact Dr. Freitag at 608-712-3380 or Dr. Osterholz at 608-732-1037.

Referrals:

The highest compliment our patients can give is the referral of their family and friends. Thank you for your trust.

Payments:

All payments including co-pays and co-insurance must be paid at the time service is rendered unless prior arrangements have been made

Thank you.

**Thank you for your consideration of our policies and the opportunity to be your
Chiropractic office of choice.**

I have read and understand the information given to me on this form and instructions given for my follow- up care.

Patient name

Date