

Westlake Chiropractic, PLLC Posture Protocol Application for:
Scoli Protocol
Forward Head Posture/Turtle Neck/Hunch Back protocol

Who this can help.

Dr. Sheffield's new Posture Protocol services adds a fascial and muscle component to her spine care approach, taking her integrative spine care to another level. The Scoli Protocol helps people with scoliotic curves and scoliosis: the side to side, or right to left skeletal imbalances. The front to back postural imbalances, which can look like 'turtleneck' (forward head posture), and/or increased thoracic curves (upper mid back) that can be described as 'hunch back' can also be addressed with this new service. Restricted hips, shoulders, tight hamstrings, TFL Bands, will also respond. Some services require chiropractic care, but not all:

1. **For Scoli Protocol:** All patients need to be established as chiropractic patients first.
2. **Forward Head posture/Turtleneck/Hunch back:** Many will require chiropractic care, but not all. You could start with either appointment and be evaluated for what you need.
3. **Tight muscles and extremities:** Direct spine care/chiropractic care is not mandatory but could prove helpful in certain cases.

Posture Protocol appointments. We need to schedule these for you at this time.

These appointments will last 1.5 to 2 hours. It would be best to wear work out type clothes, comfortable pants, or long shorts. Ladies need to avoid dresses and strappy bras. A bra with one enclosure in the back is encouraged.

You will have to remove or not wear watches, jewelry, and your socks. This long appointment is what the "Posture Protocol" appointment will be called. These appointments need to be scheduled by our staff, since it will include both the Chiropractic area and the Ginger Room. All existing and active Westlake Chiropractic patients are eligible to schedule the Posture Protocol appointment. **Please arrive 15 minutes prior to your appointment.** If you are late, we cannot guarantee that you will receive the entire treatment, and therefore your results will not be optimal.

Tune Up appointments. You can schedule these online.

There will be shorter appointments in between, called "Tune Ups" which last about 15 minutes and can be scheduled on-line as a regular 'existing patient' appointment for all established chiropractic patients. If you want to schedule the Tune Up the same day as your regular adjustment, then schedule two appointments and plan to be here an extra 15 to 20 minutes.

How many appointments?

For scoliosis, plan to need at least 2 Posture Protocol appointments spaced out at least 3 months apart; and tune ups in between. After the first full Posture Protocol appointment, Dr Sheffield can let you know how many/how often tune ups need to be scheduled in between the longer Posture Protocol appointments. Some people will need to space the Posture protocol

appointments out longer than 3 months. It is an in-depth treatment with a long integration period.

The number of appointments will depend on:

1. For the right to left plane (scoliosis/scoliotic curves):
 - How many scoli curves one has- S curve or c curve, or more?
 - How big are they: Cobb angle of 10 versus 35 degrees.?
 - Where are they located?
 - Are they long and spread out or compressed in a small area?
 - How long someone has done chiropractic care with Dr. Sheffield/ how stable is their atlas?
2. For the front to back plane (forward head posture, thoracic kyphosis, sway back, core issues, and tight hamstrings.)
 - How severe is the forward head posture?
 - Are both the upper and lower areas of the spine involved, or just one?
 - How severe is the increased thoracic curve?
3. The answers to the questions on the Posture Protocol Intake form. General health, just like with spine care, how active one is, how close are they to their ideal body weight, and what is their diet like? Sleep habits, alcohol intake, and all impact how one's body repair and rebuilds, so it could impact results.
4. Ergonomics. As with spine care, how proactive someone is with following healthy ergonomics with phones, computers, sleep, exercising, lifting, etc. will impact how long spine care will last and how effective it will be.
5. How fast someone wants results, how much soreness are they willing to tolerate, and if they are ok with the Posture Protocol appointment being longer.

Side effects. Soreness in the areas treated will occur and ranges from mild to moderate; rarely severe. The home exercises, a Hot Epsom salt bath, magnesium supplementation, and muscle oil will support this. This can last 1- 3 days. Fascial work, although rare, can release emotions.

Re-x-rays. Dr. Sheffield may recommend getting a new x-rays so we can measure the results for people with scoliosis/scoliotic curves.

Cost: * Posture Protocol appointments will range between ~ 589 and 889 depending on the person and their case. The average case will be ~ 697 to 749. Please let us know if you prefer a 90-minute/more budget minded appointment or if are open to a 2-hour time frame if you are eligible. Out of town patients are encouraged to make the longer appointment.

- Tune Ups will be 89.

Deposit. Due to how much time we have to set aside, we require a \$397 deposit to schedule a Posture Protocol appointment. The deposit will serve as your cancellation fee for no shows, or for those who do not honor the 48-hour cancellation window. Please plan ahead.

*** If you have a pacemaker, an implanted electronic device, a history of strokes, have a history of blood clots, or are sensitive to electromagnetic frequencies, please let us know **before** you schedule an appointment. If you are pregnant, you will not be eligible for this protocol.

I understand the above information regarding the Posture Protocols and consent to making and attending these appointments. Printed name: _____

Signed: _____ Date: _____

How direct spine care and the Posture Protocol are synergistic.

Spine care: Dr. Sheffield's chiropractic approach targets the *cause* of global imbalances with direct spine care as well as the primary nervous system's energy flow:

1. Atlas misalignments with Upper Cervical specific work. The C1 or atlas drives weight bearing in the side-to-side plane, which is the cause of lateral or scoliosis/scoliotic curves.
2. Full spine adjusting targets restoring regular movement in the spinal joints. This stops the chronic degenerative nature of spinal arthritis and disc compromise.
3. Both atlas and full spine care takes pressure of the delicate spinal nerve roots which cause trigger points, muscle spasms, traveling pain, numbness, and tingling.
4. The 'front to back' plane is impacted by neck curves and postural habits. Most patients with decreased neck curves are candidates for neck curve restoration using one of the Posture Pump home traction devices.
5. The energy flow restored with spine care is the Central Nervous System, which is the brain and spinal cord, the spinal nerve roots (the Peripheral Nervous System), and the ANS, or Autonomic Nervous system.

Posture Protocol: This new service includes a combination of modalities that are layered in to address muscles, connective tissue, and fascial problems that cause altered biomechanics.

1. Adults with spinal imbalances often have fascial problems as well. This can cause the residual tightness some people experience. Some of these won't resolve completely on their own after spine care. Manual therapy like massage feels nice and is helpful to a degree, but it doesn't target the energy flow which is essential.
2. The approach involves muscle groupings seen as 'battery packs' as well as some acupuncture principles, but it is not acupuncture.
3. There is an energy flow that occurs on our fascia that is separate from the spinal system described above. The Posture Protocols targets this and is restorative.