



# Chiropractic and You

## **Personal Report of Findings for:**

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DEDICATED TO GETTING SICK PEOPLE WELL  
AND KEEPING THEM THAT WAY.

Lowe Chiropractic & Wellness LLC  
10306 Shelbyville Rd  
Louisville KY 40223  
502-245-7334  
[www.Lowechiro.com](http://www.Lowechiro.com)

**Patrick R. Lowe D.C.**

# About Us

Our doctors and staff realize that you have choices. Not just choices among chiropractors, but choices about what type of health professional to consult as well. We are grateful in the trust and confidence you have placed in our office; and rest assured that we will do everything within our power to help you get well and stay that way!

## *Meet Dr. Lowe*

Dr. Patrick Lowe married his high school sweetheart in 1992. While attending college together, the Lowes developed their vision of opening a wellness center for entire families. They moved to Kansas City so Patrick could attend Chiropractic College. In 1997, their first son, Alexander, was born. After 9 years of college, their dream started to become a reality. Lowe Chiropractic and Wellness was opened in June of 1998.

Their office has seen thousands of people seeking better health and a life without pain. When asked how their practice has changed over the years Dr. Lowe responded, "We have always been a wellness based practice. Our goal is to find the underlying cause of the problem and correct it. In recent years, we have added active rehabilitation to strengthen and retrain the muscles that are injured. This is a huge key for car crash victims and for people with chronic pain. We have also incorporated massage therapy into our practice. Whole health for the whole family."

Dr. Lowe has completed extensive course work in Whiplash and brain injuries, pediatrics, injury rehabilitation, neck pain and disc injury treatments. Patrick was instrumental in establishing a mentoring program for young chiropractors. In 2007, Patrick started consulting with other doctors around the country. If that wasn't enough, he is also an award winning speaker and has published a book titled "Your Success Experience."

The Lowe's and their four children are active members of Southeast Christian Church. Alex, Spencer, Caleb and Savannah are all under regular chiropractic care to avoid health problems that often start with normal childhood falls and injuries.



**Patrick Lowe D.C.**

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## Our Team

Without the dedication and support of our wonderful staff, none of what you experience here would be possible. Mary functions as our office manager, she will help you in many areas and assists with examinations. Larkin runs our front desk, facilitating a smooth running and efficient clinic environment. Denise runs our billing department both for self pay patients, and those with insurance policies. She also runs our rehab department. Jessica is our licensed massage therapist.

Regardless of their day to day responsibilities, Mary, Denise, Larkin and Jessica are all dedicated to making your experience with our clinic one that exceeds your expectations.



**Mary**



**Larkin**



**Denise**



**Jessica**

# Services

The most important and valuable service we provide is the chiropractic adjustment. In fact, all of our doctors excel at specific spinal adjustments. However, we enhance our adjustment with other services as well:

**Spinal Decompression** Bulging discs, disc degeneration, failed spinal surgery don't have to result in surgery. Non-surgical spinal decompression is a specialized form of traction, developed by neurosurgeons over a number of years. Its computerized models get past the muscle guarding that occurs with standard traction. This allows the disc to open up and start the healing process.

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**Referrals to Other Professionals:** If we can help you, we will tell you. However, if we feel you need to see another healthcare provider, we will let you know that also. We have healthy referral relationships with a variety of providers in the area. We routinely send reports to your medical doctor and will send special reports when needed.

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**Rehabilitation:** Often times, the spine needs rehabilitation stretches and/or exercises. That is why we have an in house department to handle your rehab needs. And of course, if you need the specialized assistance and attention of a physical therapist, we will refer you to one of the best!

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**Orthotics:** Spines need support, and that starts at the bottom, your feet! We utilize the latest in weight bearing analysis for custom made orthotics from industry leading Foot Leveler's.

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**Nutrition:** All of our doctors have years of experience in dealing with matters of proper nutrition. Ask us for help!

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**Massage Therapy:** Massage is important for stress relief, to help break up muscle spasm and speed the healing process. Our doctors work directly with our massage therapist to spell out treatment to help you reach your health goals.

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**Specialized Tests** Our facility and doctors provide x-rays and x-ray analysis. Sometimes we will need to send your films to specialized radiologist and/or refer you for specialized tests such as MRI or CT scans. In the event that specialized testing is needed we will assist you by referring you to the facility that best suits your personal needs and situation.

# Do's

- Do... Adhere to your treatment recommendations for maximum results.
- Do... Stay active and mobile.
- Do... Apply ice to the affected area in cycles of 15 minutes ON & AT LEAST 45 minutes OFF by using ice in a Ziploc style bag and protecting the skin with a thin layer of cloth.
- Do... Perform the home exercises and stretches we instruct you on.
- Do... Use a specialized cervical pillow.
- Do... Invest in supportive foot orthotics.

**Wednesday @ 6:00**

**No Charge for Class**

**Attend Just One Time**

**Get Your Adjustment  
Right Before Class**



**Learn How To:**

**Maximize Your Results**

**Avoid Dangerous Health  
Trends**

**And More...**

- Don 't... Exercise strenuously for 2 weeks.
- Don 't... Twist and Bend at the same time.
- Don 't... Work with your arms above your head for extended periods of time.
- Don 't... Strain weakened or injured areas of the spine.
- Don 't... Perform activities that involve heavy lifting, pushing, pulling, or quick jerking for at least 2 weeks.
- Don 't... Apply heat to the affected area unless instructed to do so at a later time.

# And Don'ts

## Your Insurance and Our Fees

The good news is that you have some insurance benefits in our office!

We offer full service billing and will file your claims for you. We are happy to cooperate with you and your insurance company in order to help you receive the maximum benefits under your policy.

We utilize a company known as **Ingenix** to help us determine our fees based upon the averages that they collect. **Ingenix** is a global healthcare organization with more than 250,000 clients; thus, they are an accurate source for customary charges across the country. Traditionally, insurance companies in this area reimburse at rates well below the national average. Thus, when you receive statements from your insurance company (known as the Explanation of Benefits or EOB) you will find that they have discounted our fees considerably. We expect this.

Ultimately, your insurance company may not cover your entire treatment plan. We expect this as well. Frankly, most policies are geared toward patching you together vs. fixing you. Thus, our office policy is that your out-of-pocket expenses not exceed \$50 on any given visit. In fact, on most occasions it will be less! A full third of our practice does not have any insurance benefits at all, so we are well positioned to accommodate you should your benefits be exhausted.

Please remember that the patient is ultimately responsible for payment of all fees. While we will advocate on your behalf with your insurance company, and file your claims for you, understand that the relationship lies between you and your insurance company; not between us and your insurance company.

We offer 2 methods of payment:

**Pay as you go:** handle your account at the front desk on a weekly basis; cash, check, or charge.

**Register a credit card:** This is our most popular, convenient, and budget friendly option. Your registered credit card will be processed once a month on the 1st or 15th, depending on your preference, and you will be delivered a receipt. This not only minimizes your time in the office, but also acts as a budgeting tool since we cap the maximum charge to your card in any single month.

We appreciate your cooperation in keeping your account in good standing. In spite of rising costs, we have managed to not raise our fees for over 3 years because of patients such as you who handle their account in an efficient and timely manner.

# INGENIX.



# About You

## YOUR EVALUATION SCORE:

Your Pain Scale	Neck	_____	Normal	0
	Low/Mid Back	_____	Normal	0

Your Disability Score Sheet Indicates:

\_\_\_\_\_

\_\_\_\_\_ % Low Back Disability and \_\_\_\_\_ % Neck Disability

## RANGE OF MOTION AND FLEXIBILITY:

As we relieve pain and improve a patient's posture, ranges of motion usually increase. However, many patients also require increasing flexibility of key muscle groups to change chronically tight muscles. We utilize in-office equipment and home exercise to reach our flexibility targets.

### Normal

Your Lumbar Ranges of Motion

_____	<b>90</b>	Flexion
_____	<b>50</b>	Extension
_____	<b>25</b>	Left Side Bending
_____	<b>25</b>	Right Side Bending

Your Cervical Ranges of Motion

_____	<b>60</b>	Flexion
_____	<b>50</b>	Extension
_____	<b>80</b>	Right Turning
_____	<b>80</b>	Left Turning
_____	<b>40</b>	Left Side Bending
_____	<b>40</b>	Left Side Bending