Safe Harbor
Chiropractic, PC

WELCOME!

We are thrilled to have you join us as you embark on your wellness journey! Our commitment is to provide transparency, clarify and the highest level of support throughout your care.

Please take a moment to carefully review the information provided. If you have any questions at any time, we are here to help. We look forward to supporting you in achieving your health and wellness goals.

PATIENT EXPECTATIONS AND POLICIES

We kindly request that you arrive 10 minutes before your scheduled appointment to ensure our office runs smoothly. In the event of emergencies or when patients require additional attention, we are committed to providing the necessary care as stated in the Chiropractic Oath, and we always strive for punctuality. We understand that unexpected situations occur: if you are unable to keep your appointment, please contact the office through any method of communication (text, email, or phone). Please be aware that a missed appointment or a cancellation with less than 24 hours' notice will incur a $75 fee. If you anticipate being late, kindly call the office to inform us; rescheduling may be necessary. Missing three consecutive visits without any communication may lead to your removal from the schedule and discharge from care.

We like to keep our environment clean. We also request that you avoid using synthetic (chemical-based) perfumes, colognes, smoking or vaping before your visit. Upon arrival, please remove your shoes and place them to the left of the door.

As a vital aspect of your wellness-journey, it is important to follow Dr. Kelly's recommendations as closely as possible. Adhering to your personalized treatment plan will help support and optimize your progress.

This plan encompasses your scheduled appointments and any at home recommendations Dr. Kelly may provide, such as rehabilitation exercises, rest, nutritional support, or other modalities. Healing and wellness can only be achieved when we collaborate towards the same goal.

Remember, healing requires time, so please practice patience with your body. You may experience both good days and more challenging ones; however, the overall goal is a positive trend for your health.

While we often desire immediate results, it's crucial to maintain realistic expectations throughout the healing process. Life presents various stressors beyond our control, and during these times, we encourage you to slow down, shift your perspective and allow the healing process to unfold naturally. Remember it took time for you to get to this point; it will take time for your body to heal.

Dr. Kelly will conduct the required examinations to establish your care plan, helping you reach your goals throughout the process. Adhering to this plan is crucial for optimal results. The care plan consists of three distinct phases:

Phase 1: Rebalance + Reset

Supporting the body as we identify and address areas of stress and imbalance.

Phase 2: Restore + Strengthen

Improving function and supporting the body's natural restorative processes.

Phase 3: Optimize + Thrive

Supporting continued health, resilience, and whole-person wellness.

Occasionally, life's pressures can cause a disruption in care. We understand that a temporary break may occur. If this interruption lasts between three months and up to 35 months, a Progress Exam will be arranged with Dr. Kelly A, Engel D.C. to evaluate your current health status. However, if it has been three years or longer, you will need to be re-established as a new patient.

Acceptance Terms

When a patient seeks chiropractic health care and we accept patients for such care, it is essential for both to be working towards the same objective. Chiropractic has only one goal. It is important that each patient upstand both the objective and the methos that will be able to attain it. This will prevent confusion or disappointment.

Adjustment: An adjustment is the specific application of force to facilitate the body's correction of vertebral subluxation. Our chiropractic method of correction Is

by specific adjustments of the spine, cranial bones, extremities, viscera (organs) or soft tissue.

Health: A state of optimal physical, mental and social well-being, not merely the absence of disease or infirmity.

Vertebral Subluxation: A misalignment of one or more of the 24 vertebrae in the spinal column which causes alteration of nerve function and interference to the transmission of mental impulses, resulting in a lessening of the body's innate ability to express maximum health potential.

We do not offer to diagnose or treat any disease or condition other than vertebral subluxation. However, if while a chiropractic evaluation, we encounter non-chiropractic or unusual findings, Dr. Kelly A. Engel D.C. will advise you. If you desire advice, diagnosis or treatment for those findings, we will recommend that you seek the services of a health care provider who specializes in that area.

Regardless of the name of the condition, we do not provide treatment for it, nor do we give advice on treatments prescribed by others. Our sole practice objective is to remove significant obstacles to the body's innate wisdom. Our exclusive method involves specific adjustments designed to correct vertebral subluxations.

Signature: _____

Date: _____

"For I will restore health unto thee, and I heal thee of thy wounds, saith the Lord." – Jeremiah 30:17 (KJV)