

[Your Clinic Name]
[Address]
[Phone Number]
[Email/Website]

[Date]

Dear [Patient Name],

Welcome to our clinic. We are pleased that you have chosen us to support your spinal health and overall wellness through chiropractic care.

The focus of your treatment will be the **spinal adjustment**. This is a precise, manual procedure used to correct spinal misalignments, improve joint function, and reduce nerve interference. By restoring proper alignment, we aim to help your body heal naturally and perform at its best.

During your initial visits, we will:

- Conduct a thorough assessment of your posture and spinal health.
- Develop a customized adjustment plan tailored to your specific needs.
- Monitor your progress to ensure you are reaching your health goals.

It is common to feel immediate relief or slight soreness following an adjustment as your body adapts to its new alignment. We encourage you to stay hydrated and follow any specific movement advice provided during your session.

If you have any questions regarding your treatment or what to expect, please do not hesitate to ask. We look forward to working with you.

Sincerely,

[Doctor Name], DC
[Clinic Name]