

What to Expect on Your First Visit

Everything you need to know before walking through our doors.

Welcome to Aligned Delray. We want your first visit to feel easy, unhurried, and informative. This guide walks you through exactly what to expect so you can arrive prepared and leave with a clear understanding of your health and your care plan.

Before You Arrive

You will receive your new patient intake paperwork through our patient portal (Jane) prior to your appointment. Please complete all forms before arriving so we can spend your visit focused on you, not paperwork.

What to wear:

- Comfortable, loose-fitting clothing you can move in easily. Athletic wear works great.

What to bring:

- A photo ID
- A list of any current medications or supplements
- Any recent imaging or medical records relevant to your concern (optional, but helpful)

Parking

We have reserved parking spots for **Choice Wellness** patients located in the **back left of the building**. Feel free to use any of these spaces for your appointment.

What Happens During Your Visit

Plan for about **40 minutes** total. Here is what we will cover together:

- 1. Consultation.** We sit down and talk through your health history, current concerns, lifestyle, and goals. This is your time to share the full picture.
- 2. Vitals.** A quick check of your baseline health markers.
- 3. Range of Motion Testing.** We assess how your joints move and identify any areas of restriction.
- 4. Movement Screen.** A functional look at how your body moves as a whole, not just one joint at a time.
- 5. Posture Screen.** We evaluate your standing posture and alignment to spot patterns that may be contributing to pain or dysfunction.
- 6. Review of Findings.** We sit back down and walk you through what we found, what it means, and our recommended care plan. You will leave knowing exactly where you stand.

7. Your First Adjustment. Yes — we adjust on day one. There is no reason to make you come back before getting the care you came in for.

Payment

Aligned Delray is a **cash-based practice**. We do not bill insurance, which allows us to give you more time, more personalized care, and transparent pricing with no surprise bills. Payment is handled at the time of your visit, and we accept all major cards. Upon request, we can provide a superbill you may submit to your insurance for potential out-of-network reimbursement.

After Your Visit

It is normal to feel lighter, looser, or occasionally a little sore for 24 hours following your first adjustment — similar to how you might feel after a good workout. Drink plenty of water, move gently, and reach out if you have any questions between visits.

Questions Before Your Visit?

We are happy to answer anything ahead of time. Give us a call or send us a message through the Jane portal and we will get right back to you.

Aligned Delray Chiropractic

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