



Integro Chiropractic
800 South Broadway, Suite 309
Walnut Creek, CA 94596
T: 925 952-9566 F: 925 952-9568

Dear Patient,

I am pleased that you have made an appointment to see me. I would like to take this opportunity to welcome you to my practice and to tell you a little bit about myself. I graduated from the University of California, Berkeley in 1992. My Doctor of Chiropractic was earned from Life Chiropractic College West with Magna Cum Laude honors in 2001. Since 1994, I have been working in the field of exercise rehabilitation. I was certified by the Pilates Institute in 1994 and worked as a Pilates-based exercise specialist at St. Francis Memorial Hospitals' Center for Sportsmedicine. During that time, I opened my own exercise rehabilitation practice, which I maintained throughout chiropractic college. In 1997, I went to work for Tammara Moore, PT and was introduced to Active Release Technique (ART) soft tissue management pioneered by Mike Leahy, DC. In addition to ART, I am pursuing a post-graduate diplomate in chiropractic neurology.

The current focus of my practice is comprehensive chiropractic neurology. I also use Active Release Technique soft tissue management and Graston Technique to address repetitive stress injury as well as macrotrauma. My clients are referred by orthopedists, podiatrists, patients, and other chiropractors. What to expect for your visit: The first appointment, lasting about 60 minutes, includes a detailed examination and plan for a course of treatment. Subsequent visits will be shorter, with a focus on the primary complaint. Additional complaints require a separate appointment time in order that they can be comprehensively addressed and to allow appropriate time for treatment. Cancellation policy: we all have fast-paced lives, with ever-changing lifestyles and unexpected events. However, when an appointment is not cancelled with 24 hours notice, I am often left with an appointment time that I cannot fill. Therefore there will be a 100% charge for appointments changed or cancelled with less than 24 hours notice. I ask that you take the time to fill out the enclosed health questionnaire prior to your scheduled appointment and bring it with you to my office. It gives me a detailed medical history and provides us more time to discuss your specific concerns and answer your questions. I look forward to meeting you.

Sincerely,

Lauren Elkind, D. C.