

Kaminski Pain and Performance Care is devoted to providing a positive and quality experience for each patient. Our doctors are dedicated to using results driven methods to reduce pain, increase biomechanical efficiency, and to empower our patients to live healthy, active lives. In doing so, our goal is to identify and correct problems that are causing our patients to have pain, decreased health, or compromised physical performance by providing education and a customized plan to enable our patients to achieve their goals. We strive to make your first visit one that leaves you feeling educated and on the path towards better health.

WHAT TO EXPECT DURING YOUR VISIT

PLEASE ALLOW 30 MINUTES FOR YOUR FIRST VISIT TO OUR OFFICE. THIS VISIT IS LONGER THAN NORMAL IN ORDER TO GIVE THE DOCTOR AMPLE TIME FOR THE FOLLOWING:

- **Assessment and Diagnosis** — Your doctor will perform a thorough clinical assessment to evaluate your condition and determine the root cause of the pain/injury. Functional testing will be performed at every visit to show demonstrable improvement following treatment.
- **Active Release Technique (A.R.T.)** Each session your doctor will use his or her hands to evaluate the texture, tightness and movement of muscles, fascia, tendons, ligaments and nerves. Abnormal tissues are treated by combining precisely directed tension with very specific patient movements. These movements may feel slightly uncomfortable at first in order to release tension in the affected area. ART allows our providers to identify and correct the specific problems that are affecting each individual patient. ART is not a cookie-cutter approach, but a very patient specific treatment to improve function and range of motion.
- **Chiropractic Care** – You will also receive a spinal manipulation, which restores mobility, thereby alleviating pain and muscle tightness, and allowing tissues to heal. Chiropractic Care focuses on the relationships within the body's structure, with a focus on the spine. The spinal cord serves as the main structure of the nervous system by communicating information from the brain to the rest of the body. Our doctors also deal with other spinal problems such as disc conditions, sprains, strains, and non-spinal problems such as joint issues, ankle, knee, elbow, and shoulder pain caused by injury or other disorders.
- **Patient Education** — Your doctor will educate you on your diagnosis and treatment options, clearly communicating reasonable expectations for the resolution of your injury/discomfort, measurable progress made during each visit, and your timeline for return to work or normal activity.