



Hello and Welcome to the Inner Sanctum Chiropractic Family 😊

We want to make your experience as smooth and seamless as possible, so this is a quick outline of the steps and protocols so you know exactly what you will experience every step of the way and why! We do things a little bit different here at ISC, and we want you to understand that it is designed to give you the best flexibility and outcomes as possible!

Step 1: Fill out your online paperwork.

- This is of utmost importance because we are not just a ‘fast food’ chiropractic clinic. We want to sit down and talk with you about what is really going on with your system and work together to find real solutions. We need to have a very good idea of what your system looks like before your first meeting with Dr. Taylor Luster, so that she can spend the time she has with you engaging with you and discussing what’s next, rather than having to do a long interrogation process.

Step 2: Day 1- Sit down with the Doc

- This appointment is a one-on-one with Dr. Taylor Luster in which she discusses your history and conditions, treatment plans, and what the steps ahead look like. This is an important time to bring any additional information that you did not put in the paperwork (including any imaging or lab results), as well as to ask any questions of the Doctor. Each day, these appointments are allotted a few time slots back-to-back that optimize the open bay flow (you will read about that below). Your time spent with the Doctor will be to discuss your case and to set up the planning for it. This is a One-time only appointment so that the Doctor can have a thorough understanding of your system before starting a treatment plan
- An Office Tour and Treatment Plan Setup will also happen at this time.
- *Please note, in very rare cases that are especially complicated and more time is needed, this may be split into two visits, but you will only be charged the One-Time Initial Visit Fee.

Step 3: Treatment Plans

- Our Treatment Plan style is very unique and designed to truly optimize the patient experience. It allows for any combination of long and short appointments that are needed, which is ideal because it is completely customized to you and your needs. We offer Shorter appointments (20 minutes), Longer appointments (40 minutes), and private special appointments (1 hour). These are determined by the Doctor in assessing what your treatment might entail. The following chart shows our general treatment plan schedule. It might look a bit intimidating but it will be thoroughly explained on the following page.

Services and Fees

New Patient Visit - 45 minutes \$150 ***Private**

Day 1- Required for treatment. Includes full neurological exam, health history, blood work analysis, metabolic assessment, disability index forms, and orthopedic testing.

Re-Evaluation Appointments - 30 minutes \$100 *** Private**

Required at end of every management plan or any major plan changes Includes neurological exam, health history, possible blood work analysis, any additional assessments or tests, and orthopedic tests.

Open Bay Appointments - SHORT - 20 minutes \$75

Ideal for management plan and last-second needs. Includes adjusting and multiple modalities

Care Plan	By visit	5 visits	10 visits	15 visits
Savings by plan	0%	10%	15%	20%
Price w/o plan	\$75	\$375	\$750	\$1125
Price w/ plan	-	\$337.50	\$637.50	\$900
Your savings	<ul style="list-style-type: none"> • Full price • Rollover extra visits 	<ul style="list-style-type: none"> • 10% off • \$37.5 saved • Add'l visits 10% off 	<ul style="list-style-type: none"> • 15% off • \$112.5 saved • 1.5 free visits • Add'l visits 15% off 	<ul style="list-style-type: none"> • 20% off • \$225 saved • 3 free visits • Add'l visits 20% off

Cancellation Fee \$30 48 hours notice required to cancel free of charge

Open Bay Appointments - LONG - 40 minutes \$150

Ideal for Extended Private sessions, Applied Kinesiology, & Emotional Sessions

Care Plan	By visit	5 visits	10 visits	15 visits
Savings by plan	0%	10%	15%	20%
Price w/o plan	\$150	\$750	\$1500	\$2250
Price w plan	-	\$675	\$1275	\$1800
Your savings	<ul style="list-style-type: none"> • Full price • Rollover extra visits 	<ul style="list-style-type: none"> • 10% off • \$75 saved • Add'l visits 10% off 	<ul style="list-style-type: none"> • 15% off • \$225 saved • 1.5 free visits • Add'l visits 15% off 	<ul style="list-style-type: none"> • 20% off • \$450 saved • 3 free visits • Add'l visits 20% off

Cancellation Fee \$75 48 hours notice required to cancel free of charge

Private Appointments - 60-minutes \$175 ***Private**

For those who require extra time and/or extended services (i.e., nutrition)

Cancellation Fee \$75 48 hours notice required to cancel free of charge

**Wellness Plan: 1-2 visits a month - \$75.00 each;
5+ months (10% disc); 10+ months (15% disc)**

**Pregnancy Plan: 1st Trimester (+/- 4 appts); 2nd Trimester (7 appts);
3rd Trimester (10 appts); post pregnancy (4 appts) **price individualized**

**Clean and Clear ("Leaky Gut") Plan: includes lab consult; nutrition testing; detox
and repair plan **price individualized**

10% off for Students, Veterans, First Responders, and Military 25% off for Family and OPM

How it Works-

- *Example:* Dr. Taylor Luster decides she needs to see you for 12 visits over a 3-month time. She would like 1 visit a month to be a longer, more thorough 40-minute appointment. The remaining 9 are shorter appointments, each week, to help your body maintain the work done at the longer appointments. This means that in a month, you would have 3 short appointments and one scheduled longer appointment. At the end of 3 months, the treatment plan would end and it would be time to reassess what's next for you on your healing journey. If You purchase the 15-visit plan, the additional 3 visits can rollover to your next treatment plan or can be used at any point up to 15 total visits. If you purchase the 10-visit plan, you can purchase the remaining 2 visits of the plan individually at the 10% rate. When the treatment plan ends, you will start over at the rate of the next plan you purchase.
- If you need more or fewer longer appointments, this system allows that type of flexibility.

Why this Style of Treatment Plan?

- How often have you had regularly scheduled appointments with the chiropractor and found that in between you have a headache or a rib pain that you would just like to get addressed really quickly?
- How often have you felt that if you had just gotten that fixed when it happened, that you would have felt better longer?
- How often have you felt that the doctor worked on you but didn't really take the time to hear your concerns or address your complaint?
- How often are you shuffled from one doctor to another and have to re-explain your story instead of getting more consistent care from one doctor?

This system is designed to address all of these issues.

- You have **one Doctor** that thoroughly knows your system and has taken the one-on-one time to get to know you and your body. You have worked together with her to create a plan to optimize your individual needs.
- You **can have longer one- on-one appointments** to more thoroughly address any areas.
- You **can also have shorter appointments for 'quick-fixes'**. As a bonus, it is part of your treatment plan to do so AND with the same Doctor you usually see.
- **You can mix and match** this combo to what suits your schedule and pocket-book. If you want extra visits, they can be easily added in.
- You can get a **discount for setting up a plan** instead of paying full price each time. This allows us to provide more service to you at more convenient prices.
- We do not piece-meal our modalities- You can receive multiple modalities in 1 open- bay appointment and not be charged individually for each. That being said, the necessity of any additional modalities will be determined only by the Doctor.
- It also allows for individual services (like acupuncture or e-stim) to be incorporated into the treatment plan. If it is decided that regular acupuncture or estim only appointments are needed, separate from the open-bay, these appointments will be administered in the Integration Area and monitored by the Chiropractic Assistants.

Step 4- Getting Adjusted!

You are now ready to get adjusted! So what does that look like? We provided you a quick Overview and then more in-depth breakdown (appointment type, benefits, different techniques and modalities) for your convenience and understanding.

Basic Procedure Overview for Short Appointments

- Check In
- Silence Phone
- Wait for Available Station
- Empty Pockets into Cubbies
- Table Wipes available at station if desired
- Grab clean Face Cloth
- Lie Down and Relax
- The Doctor will come by and greet you and adjust one to two areas and then let you integrate for a few minutes
 - If you have to leave right away, you are welcome to go, but your body will accept the adjustment much better if you relax and stay a while.
- The Doctor will come around again and check if another adjustment can be made. This will repeat until the Doctor determines your system is finished for the day.

In-Depth Breakdown

Short Open Bay appointments

- **What is an Open Bay?**
 - Our Open Bay consists of a large room with multiple chiropractic tables. There are small dividers for privacy and holding supplies. Multiple people will be worked on at one time.
- **How does it work?**
 - You will have filled out any new information the Doc needs to know at the front desk
 - You will be asked to store your belongings in the cubbies and proceed to a designated station
 - You will lie down and start the deep breathing and relaxation process
 - Your updated info will be sent to the computer at your station for the doctor to review. She will also greet you personally and may have a brief, quiet conversation with you.
 - You will receive an adjustment or two.
 - The doctor will let you integrate that adjustment with deep breathing and relaxation.
 - While you process, the Doctor will move to the next patient to deliver an adjustment or two and then let them integrate that.
 - The Doctor will come back to you to see how your body integrated that adjustment and see what is the next 'loudest' area to address.
 - This will repeat until the Doctor says that your system has processed all it will for the day.
 - You will be released to either the Integration Room or to Reception.
 - See Below for more on the Integration Room

- **Why does Open Bay benefit you?**
 - Most importantly, this set up allows for walk-in appointments that have **greater flexibility**. If you need a quick fix, this option allows you to be seen quickly by your regular doctor.
 - It is designed to be a **very relaxing** space. Although it is 'open' and there are multiple people at one time, it shouldn't feel like you are on display. This is achieved by locating the open bay away from the main walkways. This limits the amount of outside activity and creates a sense of privacy. The entire clinic is designed to be a quieter space. Relaxing music, dimmed lighting, and slightly cooler temperatures are all designed to give you that spa-like feeling to help you relax. Because of this, talking is kept to a minimum to enable the most private and peaceful experience possible.
 - Did you know that your heart beat (sound and energy waves) can be measured up to 8 feet away (some studies suggest even further!)? This is an astounding testimony to the effect of other people's energies and how they affect you! Furthermore, in a space designated for healing and relaxation, having **other calming energies present can greatly enhance your own healing experience**.
 - Did you know that deep breathing works as a pump throughout your body to bring new resources and supplies to every part of your system and to remove blockages and waste products? An Open Bay appointment should allow you to fully experience and practice the benefits of **deep breathing**, which help bring significant relaxation and integration of the adjustment.
 - Did you know that it can take anywhere from 60-90 seconds for your body to register and process an adjustment input? That means that allowing your body the **time to process adjustments** in between is of integral importance to healing!
 - All of the integration process can be done in a timely fashion, but most importantly, with the **Doctor's eyes constantly on you**, instead of leaving you in a closed room by yourself.
 - Every now and then, the open nature of the Open Bay will be utilized to educate the room on a topic. If Dr. Luster feels she needs to talk to your neighbor about how a disc herniation works or the nature of the psoas muscle, you will have the benefit of **learning** about that as well. This will NEVER be used to discuss more private matters.
- **What if I don't ever want to do Open-Bay?**
 - No problem. That is what the longer appointments are for. However, because they are longer and more individualized time with the Doctor, they do cost more. There are also fewer time slots for longer appointments as there are only so many hours in a work day.

Long and Private Appointments (45 minute or 1 hour Scheduled appointments)

- These appointments are designed for more private and/or more thorough visits. Most patients do not require many of these in order to maintain health, however some cases require a little more attention, and these are designed to provide that. These appointments might best suit the following populations or conditions:
 - More Complex cases and/or a more thorough assessment are required
 - Recent accident/trauma
 - Multiple health conditions
 - Chronic health conditions
 - Nutrition appointments

- Applied Kinesiology appointments
- Emotional healing appointments
- Acupuncture appointments
- More Privacy is desired
 - Pregnancy
 - Seniors
 - Anxiety Disorders
- To Minimize Outside Distractions
 - Children
 - Pets

Integration Area

- The Developer of Chiropractic, BJ Palmer (son to the Father of Chiropractic, D.D. Palmer), practiced a technique called Upper Cervical Technique. In this technique, he required that his patients rest for long periods of time, sometimes even days, after being adjusted, to allow the brain and body to fully integrate the changes made! Current Upper Cervical technique requires a 15-minute resting and integration time after an adjustment. This idea has been incorporated into the flow of the Open-Bay experience at Inner Sanctum Chiropractic, however, if more time is needed, the integration area fills that need.
- This space is also ideal for acupuncture, stimulation, moist heat therapy, and pelvic blocking techniques which require longer integration and processing times.
- This room is a dark, quiet, peaceful space for you to lie down and integrate further if needed. It is consistently monitored by the Chiropractic Assistants.

Our Hours

Monday	10:00-12:00	2:00-6:00
Tuesday	10:00-12:00	2:00-6:00
Wednesday	Closed	
Thursday	10:00-12:00	2:00-6:00
Friday	10:00-12:00	2:00-6:00
Saturday	9:00-1:00	
Sunday	Closed	

Techniques and Modalities Overview

- **Diversified-** This is the most common adjusting technique implemented by chiropractors. It is the hands-on technique style that is most people associate chiropractic with.
- **Applied Kinesiology-** A neurologically based technique that utilizes muscle testing to find and correct problems in the system. This is a technique that you truly have to experience to understand, but it works similar to a closed-circuit system. When the circuit is uninterrupted, the communication flows easily and the system works well. When there is interference, the system 'short-circuits' and compensations are seen to make up for the loss in communication.
- **Sacro-Occipital Technique-** There is a mirror effect of the bottom (sacrum) and top (occiput) of the spine such that what you see in one, you might also see in the other. This technique works to address both top and bottom of the spine to create proper alignment and appropriate communication.
- **Tonal technique-** This technique focuses on the nervous systems ability to incorporate variations in pressures as different messages. Sometimes the system requires more of a deep, more demanding pressure. Other time it requires more a light touch, a brush, even a vibrational pressure. This technique explores giving the system what it needs to make a correction, while not forcing a correction into the system.
- **Tao- style adjusting-** The style further incorporates the techniques from above by focusing on providing ease into the system. It focuses heavily on listening to the body and asking questions through palpation as to what the body needs and wants. This style always aims to adjust when the body is most at ease for maximum effect. Adjusting into a tensed system results in more rejection of the adjustment than does an adjustment into a system at ease.
- **Webster Technique-** Webster certification is a specialty certification for pregnancy and pediatrics. It requires additional training and testing to receive certification. This technique is the chiropractic gold standard for managing and adjusting pregnant women and pediatrics. It is taught by the International Chiropractic Pediatric Association (ICPA).
- **Acupuncture-** Acupuncture is a well-established modality used to correct energetic and physical subluxations (blockages) in the body through manipulation of the fascia (tissue that surrounds the entire body, just below the skin).
- **Reiki and Emotional Healing-** This technique requires multiple levels of training (called attunements) to become specialized in balancing of energetic transference as a Reiki Master. Energy and emotional healing can work to remove blockages and balance energetic flows. As one of the 5 primary stressors of the body, emotional and energetic influences are often overlooked or summed up as 'stress' and then disregarded. We aim to take a more thorough look at this aspect of your life to help you find healing in all aspects of your life. Did you know that in ancient Chinese Medicine (including acupuncture), different emotions can be stored in different areas of the body after a particular event. For example, lets say you had a divorce, and that made you feel really angry and sad. That anger is usually stored in your liver, and the grief in your lungs. If you are unable to release it, it might eventually manifest as energetic, or even physical, conditions. This is why it is important for our body to process the emotional and energetic stressors we experience to further healing.
- **Nutrition-** Dr. Luster has a Masters degree in Nutrition, which she incorporates heavily into her care and management of patients. As one of the 5 primary stressors of the body, nutrition plays a vital role in overall health. This is not a one-size fits all approach. This is not about shaming you. This is about understanding what YOUR body is specifically asking for to heal.

- **Instrument-assisted adjusting-** In some cases, a manual adjustment is not desirable. A chiropractic adjusting tool will then be used to deliver a specific and less forceful input into the system.
- **Drop Tables-** The chiropractic tables have spring loaded mechanisms built in that allow for a more gentle adjustment with increased motion. These adjustments are very gentle despite the loud noises that the drop table makes as it comes down.
- **Massage Percussion-** In some cases, a system is too tense to access and additional help may be needed to help relax the system. A massage percussion device will be utilized to provide a deep relaxing vibration into the system.
- **E-stimulation and moist heat therapy-** In some cases, a system is too tense or requires extra gentle input for the best results. E-stimulation and heat therapy are relaxing modalities that help calm down a very angry system and provide some pain relief as well.