



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 Advanced 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

ISC Services and Fees			
New Patient	1 hour	\$275	New patients
Standard visit	40 min	\$185	Treatment plan visits
Basic visit	20 min	\$100	Doctor approved- wellness only
Pediatric	Varies by age	Varies by age	
Prorated 20 min	extra 20 min	\$92	
Advanced Consult	1 hour	\$275	Labwork, muscle testing
Emergency	1 hour min.	\$350/hr, then prorated	Emergency, travel, outside hours
Missed appt		\$75	
Acupuncture	25 min	\$75	Discuss trying these with the Doctor
Rife	Varies	\$75	
Decompression	10-15 min	\$75	
Dry Needling	20 min	\$60	
E-stim	15 min	\$35	
Vibration/ percussion	10-15 min	\$35	
Paraffin Wax	Varies	\$20	
Programs vary and are individualized. Ask for more info.			

How it Works

- Most commonly Dr. Taylor recommends 5, 10, or 15 visits to get you started. The reason for this is to gain some momentum to get things going and to hold well. Lets say she says 10 visits; those 10 visits could last you 10 weeks or 3-4 months depending on how your body does. She often says most people don't hold the entire first week so we start with booking a week out. Then modify accordingly. If you didn't make it to a full 7 days, we try again the following week to get you there. If you held it for 7 days, Great!, now lets try 10 days, 2 weeks, etc. Our goal is to get you to maintenance care where we see you once a month, once every other month, etc. We always encourage wellness care over crisis care because otherwise we never get down to deeper daily issues that can be addressed in between crises!

We do offer short 20 min visits once you are in a wellness stage of care. This is for those who need a lower price point and are okay with adjusting fewer issues at a time. It is also for those who do not have as much going on so that we can actually get it done in 20 minutes! By and large, almost all of our patients do the long visits because you just get so much more done!

Step 4- Getting Adjusted!

You are now ready to get adjusted!

- **What is an Open Bay?**

o Our Open Bay consists of a large room with multiple tables. There are small dividers for privacy and holding supplies. Multiple people will be worked on at one time.

• **How does it work?**

o 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 low to enable the most private and peaceful experience possible.

o 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.

o 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.

o 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!

o 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.

o 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.

o 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

Sunday	Closed
Monday	Closed
Tuesday	10-12, 2-6
Wednesday	2-6
Thursday	10-12, 2-6
Friday	10-12, 2-4
Saturday	10-12, 2-6

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 gentler 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