



## Welcome to Core Wellness Centres

At Core Wellness it is our mission to help you achieve all of your health goals and needs. Whether your main reason for seeing us is to lose weight, get out of pain, increase your energy or simply take your health to that next level we are here to provide you with the tools and knowledge to help you on your journey to optimal health.

The first step is to establish your current state of health and overall function of your body. In order for us to assess this and to gain an accurate understanding of where the root cause of your symptoms lies, we will be taking you through a series of examinations on your initial visit. This will include a full case history, nerve and muscle scans, postural analysis, functional movement assessment, bioimpedance analysis, heart rate variability and blood pressure. These are all non-invasive and nothing to worry about we promise! Please be aware if further imaging is required such as X-ray, MRI or blood work, this will be determined by the Doctor on the day and arranged by the team.

Getting ready for your visit, on the day we ask that you wear fitted clothing and something you are comfortable moving in for the physical portion of the examination. In addition to this if you have any previous X-ray or MRI reports please bring these along on the day for our records if we need to refer to these during the case history.

### **Simple steps to follow before your examination:**

- ✓ *No alcohol within 24 hours*
- ✓ *No exercise for 4 hours*
- ✓ *Avoid caffeine or food for 4 hours*
- ✓ *Consume 2-4 glasses of water within 2 hours*

The initial assessment will take between 45-60 minutes so we ask that you allow sufficient time and if you have any concerns please speak to our reception before your visit if time is a constraint.

### **PLEASE NOTE:**

We do enforce a 24 hour cancellation policy where the full fee will be charged if prior notice has not been given. If you are running late, you do run the risk of our Doctor being unable to see you, in this scenario please contact our reception staff on 01372 745772.