



The degree of change that makes a world of difference

CLIENT INTRODUCTION

This is intended to provide a basic understanding about your Cold Laser Rolfing experience.

To begin our first session, we will spend about 20-30 minutes to take a history, and determine your needs. Following the history, there will be an assessment of your nervous system using the Erchonia Medical Low Level Cold Laser. The benefits provided here are some of the most profound changes. It enables us to safely let the systems of your body communicate properly together at the cellular level, thus making the benefits of Rolfing magnified, and sustained. Simply put, the cold laser works through two main pathways: cellular communication and cellular regeneration.

After the assessment, together we will do the body analysis portion. Here we determine the strain patterns or imbalances through your structure. We can then apply the structural goals of the session to your specific needs. I will also talk with you about the Ten Series, and how it would greatly benefit you. The ten series is not assumed but highly recommended if an individual wants to create a higher level of order in their body.

The bulk of the session is done on a table where we systematically eliminate the strain patterns that have created some of your issues. The cold laser will be used again to eliminate the nerve inflammation in conjunction with manual therapy. This inflammation leads to connective tissue imbalance and joint misalignments, resulting in structural discomfort. The nerves are specialized structures that play a major role in the health of our tissues. Focusing on them will provide significant relief, and efficiency to your body. After the nerve is normalized, I am able to address all other correlating tissue abnormalities.

With the history and the extensive assessment, please allow 120 minutes for the first session. Sessions following will be approximately 90 minutes. My rate is \$160/session, and receipts can be provided upon request. We accept cash, check or card. I will be more than happy to answer questions for you as they arise to make sure you always feel fully informed during your healing.

In order to maximize this experience and treatment for you, your engagement and awareness during and following your appointment(s) is critical to your success. Please expect nothing similar to a massage or Chiropractics. Engagement=Awareness=Positive and SUSTAINED changes in your body. I am looking forward to working with you. I appreciate your business and your trust. It's time to get your body back!

*Wishing You the Best of Everything,
Chris Hodel, BS, CSCS
Certified Rolfer*