

Welcome to TLC Chiropractic Center!

Welcome to TLC Chiropractic Center! Dr. Laudig and her staff are available to answer any questions you may have about visiting us for your first time.

Do not hesitate to call us **(310-530-1659)**

If you think you need any of our services to help you, but are not sure, You may set up a **Free 30-Minute Consultation** with Dr. Laudig to get your questions answered about how any one of our [services](#) or [therapies](#) can help you and your family.

What to Expect at Your First Chiropractic Visit...

- **45 minute visit with Dr. Laudig** (subsequent visits will be about 30 minutes)
- **Q/A** (Dedicated time to answer any questions and provide clear answers)
- **Exam** (Understanding you and your condition, background of your visit)
- **X-Rays** Only if necessary for your condition or review of X-rays you bring in.
- **Therapy** (*These all feel great!!!* and help relax your muscles and sore areas)
- **Summary** (Instructions will be given to you to help with your pain at home which will help you get better faster between each visit)
- **Schedule a Follow-up** (This would be the next day where Dr. Laudig will review your Report of Findings (a summary of your exam, detailing out the steps needed for your treatments), you will then be adjusted and receive any additional therapies as needed.

What to Bring to Your First Visit...

- **Yourself** (Come 10 minutes early so any required forms can be completed)
- **Insurance Card** (additional paperwork will be likely required)
- **[New Patient Intake Form](#)** (*You may complete this ahead of time, or when you arrive*)



You will receive an initial examination with Dr. Laudig, which includes a history of your health and an examination that includes orthopedic tests, neurological tests and a chiropractic evaluation to make sure you are a candidate for [chiropractic](#) treatments. Along with the examination, you may also be referred out for Labs or additional imaging if needed for your condition. In some instances, we may even refer you to another health professional if needed. After the initial history and examination are performed, then [therapy](#) will be given to you to help with your pain. We will request a follow-up appointment the next day where Dr. Laudig will review with you details of your exam, (Report of Findings) and will lay out for you what treatments are needed to help your condition and you will receive your first chiropractic adjustment.