



ZENITH PATIENT JOURNEY

We need 90 days to transform your life!
A transformational injury relief rehabilitation and wellness program specifically designed to:

- ✔ Decrease and Eliminate your pain
- ✔ Improve strength, mobility, and balance
- ✔ Hit weight loss or nutrition goals
- ✔ Elevate your performance both mentally and physically
- ✔ Avoid medication and surgery
- ✔ Enhance your quality of life

WHAT TO EXPECT!

STEP 1: SCHEDULING NEW PATIENT APPOINTMENT

- Call (972)210-0033 or schedule an appointment online www.ZENITHDFW.com
- Submit drivers license and insurance and insurance card for verification
- Get registered into EHR and fill out new patient paperwork and consents prior to appointment

STEP 2: DAY 1 MEDICAL CONSULT AND EXAMINATION

Objective: Let's identify what you need and your goals.

- Musculoskeletal assessment, Orthopedic & Neurological exam
- Perform x-ray and send out for any additional diagnostic testing. MRI/X-ray second opinion
- Prescription for customized blood work and labs

STEP 3: DAY 2 REPORT OF FINDINGS

Objective: Review your exam findings and discuss your customized plan of care.

- Detailed review with a doctor to identify the root cause of your problem
- Discuss your insurance coverage and out of pocket costs
- Schedule your appointment days and times

STEP 4: PHASE 1 PHYSICAL REHABILITATION

Objective: Reduce pain and remedy poor diet.

- Nutrition Consultation
- Begin Phase I of Nutrition Program
- Chiropractic Adjustments and Physiotherapy
- Electric Stimulation and Ultrasound
- Aspen Class IV Laser Therapy
- Manual Therapy, Cupping, Scrapping, Trigger Points release, foam rolling and Kinesiotaping
- Spinal Traction and Decompression Therapy
- Primal movement exercises (no machines!)
- Re-exam, assess progress and reduction of pain. Discuss your insurance coverage and out of pocket costs
- Schedule your appointment days and times

STEP 5: PHASE 2 FOUNDATIONAL REHABILITATION

Objective: Teach and Master Foundational movement patterns to improve mobility, balance, and baseline strength.

- Begin Phase II of Nutrition Program
- Customized Supplementation
- Chiropractic Adjustment
- Advanced stretchology and mobility
- Body weight exercises with a core and paraspinal strength focus
- Foundational movement pattern exercises
- Re-exam and assess patient progress. Increased range of motion and activity of daily living

STEP 6: PHASE 3 FUNCTIONAL REHABILITATION

Objective: Influence you improve strength, improve physique, lean muscle mass, and optimal performance.

- Begin Phase III of Nutrition Program
- Chiropractic Adjustments
- Functional training and high intensity interval exercises
- Strength with resistance exercises and weight training
- Re-exam and assess patients' final results! Pain free, full range of motion and increased strength

STEP 7: WELLNESS CARE

Objective: Healthy lifestyle maintenance and forming lifelong habits.

- Maintain Phase of Nutrition Program
- Wellness adjustments
- Recovery Rehabilitation as needed to maintain.
- Nutritional maintenance

TREATMENT MAP

Based upon GUYTON AND HALL textbook of Medical Physiology*

Phase of Patient Care	Phase I Passive Relief Care	Phase I Continued Physical Rehabilitation Scar Tissue Formation	Phase II Foundational Rehabilitation Healing	Phase III Functional Rehabilitation Stabilization	Phase IV Wellness Care	Chronic Recurrence
Physiological Healing Calendar	1-14 days	2 - 6 weeks	3 - 52 weeks	8 -10 weeks	Lifetime >3 months	Repeat Acute
Phase of Care Clinician	Acute Inflammation	Tissue Repair	Tissue Remodeling	Endurance, Strength, Proprioceptive Restoration	Optimal Physiological Function	Chronic Acute
Assessments & Criteria for Care	NRS Shortness of Breath Vitals QVAS Pain Scale Range of Motion Algomerty Sensitivity Provocative Ortho Testing Outcome Assessments Diagnostic Testing & Imaging	Postural Assessment Spine Palpation Assessment Upper/Lower Cross Assessment Nutritional Assessment Body Measurements	Foundational Movement Screen Gait Analysis Balance & Coordination Body Measurements Outcome Assessment Vitals	Functional Movement Screening Body Measurements Strength Assessment Outcome Assessment Vitals	Vitals Blood Pressure Pulse Oximetry Body Measurements BMI Water intake Hours of Sleep	Repeat Acute Specialist Assessment & Referral
Therapeutic Modalities	E-Stim Laser Decompression Home Care Rest/Ice Manual Therapies Cupping Nutritional Consult	Adjustments Laser Decompression Ultrasound E-Stim Home Care Physical Rehabilitation Passive Stretching Moist Heat Functional Bracing Phase I Nutrition Customized Vitamins	Adjustments Laser Decompression E-Stim Ultrasound Active Stretching Massage Therapy Muscle Scraping Kinesio Taping Home Stretches Foot Orthotics Foundational Exercises Phase II Nutrition Customized Supplements	Adjustments Functional Exercises Progressions Stability Ball Strength Training Cardiovascular Training Phase III Nutrition Customized Supplements	Adjustments Healthy Lifestyle Regular Exercise Maintenance Nutrition Water intake Sleep	Repeat Acute Chronic