



*515 NW Atlantic St  
Tullahoma, TN 37388  
(931) 455-6040.*

## WELCOME!

My name is Dr. Sherri Prestwich. I am a Doctor of Chiropractic (D.C.) graduate from Life University in Marietta, GA. I have been in private practice in Tullahoma since 1995. I am pleased that you are interested in Healing Hands for your care. I want you to be informed, in advance, of the specialized, low-force chiropractic care you will receive in this office and how it may benefit you. The chiropractic technique I use is called Directional Non-Force Technique™ or D.N.F.T.™ chiropractic.

### **D.N.F.T. chiropractic does not involve any cracking, twisting or popping of the spine.**

This low force alternative to forceful chiropractic techniques begins with a gentle challenge or push followed by a unique leg check. This test utilizes the body's natural reflexes to indicate directions of misalignment of structures that are producing nerve interference. In chiropractic, this combination of structural misalignment with nerve interference is called a subluxation. When a challenge aimed at a structure

in a specific direction produces a pull-up or shortening of the "reactive" leg during the leg check, then a misalignment has been found for that structure in that particular direction. The pull-up of the reactive leg is a reflex everyone has, and is typically ½-inch to one inch in magnitude and temporary, ending when the feet are released. Once every direction of misalignment for all subluxated bony and soft tissue is determined, then correction can be achieved. The correction involves a directionally specific thumb thrust aimed at each structural finding. This test and correction process can be applied to not only the spinal structures such as the vertebra, discs, ligaments, muscles, and ribs but also any other bony or soft tissue in the body. This includes cranium/TMJ, shoulders, knees and unbalanced organ reflexes including the gallbladder, stomach and bowels. This detailed and comprehensive approach to the body's subluxations results in long lasting correction in a safe, effective manner with a low number of visits.

\*Routine spinal X-rays are not taken or required to receive chiropractic care.

## CARE PLANS

Your initial visit will include a history, exam, diagnosis, and your first D.N.F.T. adjustment. A typical care plan ranges from 4 to 9 adjustments, but may be more or less depending on the nature of your condition. Thereafter, a maintenance care plan of 1 visit every 1 to 3 months is usually recommended assuming no aggravating factors or new traumas occur.



## PREVENTION

Resolving your case takes a team effort from both myself and you, the patient, and is significantly dependent upon you following your recommended care plans. Upon completion of your initial care plan, prevention of further problems can be aided by following your maintenance care plan. Remember, people who receive D.N.F.T. adjustments report an increased ability to handle work-related and emotional stresses.

## Service Fees

\*Spinal Examination: \$30 to \$50  
(*NOT covered by Medicare*)

\*Spinal Adjustment: \$30 to \$50

\* *Initial visit consists of Spinal Examination and Spinal Adjustment*

Adjust other than Spine: \$25  
Examples: knee, shoulder  
(*NOT covered by Medicare*)

Re-Examination: \$15  
(*NOT covered by Medicare*)

Children under 3 years of age: Free

Missed Appointment fee \$30

Fees and Co-Payments may vary per visit based on service(s) performed.

## OFFICE HOURS

MON. 10:00 A.M. - 6:00 P.M.

TUES: 2:00 - 6:00 P.M.

WED. 2:00 - 6:00 P.M.

THURS. 10:00 A.M. - 6:00 P.M.

*\*\*Closed for Lunch from 1 to 2PM\*\**

## LOCATION DIRECTIONS

Manchester/Tullahoma: Viaduct/41A go to 4<sup>th</sup> light and then right at Fast Pace onto Blackwell St. Go to Stop sign and turn right onto NW Atlantic St.

Shelbyville: Take 41A to Lowes go to the 6<sup>th</sup> light and then you will turn left at Fast Pace onto Blackwell St. Go to Stop sign and turn right onto NW Atlantic St.

### **Tullahoma:**

We are located on the corner of Blackwell St. and NW Atlantic St. Look for a blue house with white trim. The office entrance faces Atlantic St.