



SHINE Care Plan (Adults)

This care plan is based on the average needs that adult entering the SHINE program would require for success. There are also individual factors that may alter the final recommendations or modify the care plan as we progress through the program.

Each patient is evaluated and reevaluated to ensure that progress is being made and we will discuss any alterations to the schedule as needed depending on the measured levels of function and rate of progress.

STEP 1 - Neural Efficiency

Initial Neural Efficiency Assessment	\$ 90.00
Chiropractic visits (2 x per week for 4 weeks @ \$45/visit)	\$ 360.00
Reexamination of neural efficiency	\$ 25.00
Phase 2 SHINE neuro-integrative examination	\$ 65.00
Customized home neuro-integrative exercise program	Included

STEP 2 - Neural Efficiency and Neuro-Integrative training

Chiropractic visits (2 x per week for 4 weeks @ \$45/visit)	\$ 360.00
Monitoring of home neuro-integrative exercises	Included
Reexamination of neural efficiency	\$ 25.00
Reexamination of neuro-integrative training	\$ 25.00
Report and update to home exercise program	Included

STEP 3 - Metabolic Shift

Chiropractic visits (1 x per week for 4 weeks @ \$45/visit)	\$ 180.00
Home diet log and review	Included
Final Reexaminations	\$ 50.00
Recommendations for ongoing management	Included

SPECIAL NOTES/MODIFICATIONS: