

WHAT TO EXPECT ON YOUR VISIT TO THE CLEAR SCOLIOSIS CLINIC:

*A Guide to Help You
Make the Most out
of your Experience at
our Office*



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TRAVEL, LODGING, & TRANSPORT

The CLEAR Scoliosis Clinic of Saint Cloud, Minnesota is located at 437 33rd Ave North. We are 85 miles away from the Minneapolis-Saint Paul International Airport (MSP). When you arrive in Saint Cloud, we recommend that you travel to the clinic first to familiarize yourself with its location (to ensure a timely arrival on Monday morning), then proceed to your hotel from the clinic.

Arriving By Air: The MSP International Airport is a hub for Air Canada, Alaska Airlines, American Airlines, Delta Airlines, Frontier Airlines, Great Lakes Airlines, United Airlines, US Airways, Air Tran Airways, Iceland Air, Southwest Airlines, Spirit Airlines, and Sun Country Airlines.

There are several rental car companies that service MSP International Airport. Also, Executive Express is a shuttle service that will transport you from the MSP to Saint Cloud. Their website address to schedule pick-ups is www.executiveexpress.biz.

Additional information about the MSP International Airport can be found at www.mspairport.com

Driving to the Clinic from the MSP International Airport:





Minneapolis-Saint Paul International Airport (MSP)

4300 Glumack Dr, St Paul, MN 55111
(612) 726-5555



1. Start out going **northwest** on **Glumack Dr**. [Map](#)

0.2 Mi

0.2 Mi Total



2. Turn **slight left** toward **Parking**. [Map](#)

0.5 Mi

0.7 Mi Total



3. Stay **straight** to go onto **Glumack Dr**. [Map](#)

0.2 Mi

0.9 Mi Total



4. Merge onto **MN-5 W** toward **I-494 / Bloomington**. [Map](#)

1.2 Mi

2.1 Mi Total



5. Merge onto **I-494 W** via the exit on the **left**. [Map](#)

26.9 Mi

29.0 Mi Total



6. Merge onto **I-94 W / US-52 N** via **EXIT 27** on the **left** toward **St Cloud**. [Map](#)

17.2 Mi

46.1 Mi Total



7. Keep **left** at the fork to continue on **I-94 W / US-52 N**. [Map](#)

32.9 Mi

79.1 Mi Total



8. Merge onto **MN-15 N** via **EXIT 167B** toward **St Cloud**. [Map](#)

4.7 Mi

83.8 Mi Total



9. Turn **slight right** onto **3rd St N**. [Map](#)

0.4 Mi

3rd St N is 0.3 miles past W Division St

84.2 Mi Total



10. Turn **left** onto **33rd Ave N**. [Map](#)

0.2 Mi

*33rd Ave N is just past 34th Ave N
State Farm Insurance is on the right
If you reach 32nd Ave N you've gone a little too far*

84.4 Mi Total



11. **437 33RD AVE N** is on the **left**. [Map](#)

*Your destination is 0.1 miles past 4th St N
If you reach 5th St N you've gone a little too far*



437 33rd Ave N, Saint Cloud, MN 56303-4846

Total Travel Estimate: **84.39 miles - about 1 hour 28 minutes**

Hotels & Lodging: There are several hotels located within a short distance from the CLEAR Scoliosis Clinic.

1. **Hilton Homewood Suites**

115 37th Avenue North, St. Cloud, MN 56303 (320) 252-5900

Cost: Call to receive pricing information

Contact person: Nicole

*This hotel provides a continental breakfast daily & hot dinner included in the stay Monday-Thursday nights.

2. **Holiday Inn**

75 37th Avenue South, St. Cloud, MN 56303 (320) 253-9000

Cost: \$76.95 per night

Contact person: Sherri

*This hotel provides shuttle service back & forth to appointments and around the St. Cloud area.

3. **Days Inn**

70 37th Avenue South, St. Cloud, MN 56303 (320) 253-4444

Cost: \$49.95 per night

Contact person: Michelle

4. **Fairfield Inn**

4120 2nd Street South St. Cloud, MN 56301 (320) 654-1881

Cost: \$56.95 per night weekdays, \$74.95 per night weekends

Contact person: Laura

5. **Super 8 Motel**

50 Park Ave. South St. Cloud, MN 56301 (320) 253-5530

When making your hotel reservations, be sure to mention that you are visiting the CLEAR Scoliosis Center / St. Cloud Chiropractic Clinic to receive the special discounted rate!

Cost: \$45 per night weekdays, \$55 per night weekends

Contact person: Julie

6. **Grand Stay Suites**

213 Sixth Avenue South, St. Cloud, Minnesota 56301 (320) 251-5400

Cost: \$65 per night

Contact person: Melanie

7. **Radisson Hotel**

404 West Saint Germain St. Cloud, MN 56301 (320) 654-1661

Cost: \$112 per night

Contact person: Maggie

8. **Country Inn & Suites**

235 Park Avenue South, St. Cloud, MN 56303 (320) 259-8999

Cost: \$75 per night weekday, \$95 per night weekend

Contact person: Jackie

9. **Quality Inn**

4040 Second St. South, St. Cloud, MN 56301 (320) 251-1500

Cost: \$62 per night weekdays, \$72 per night weekends

Contact person: Electra

10. **Motel 6**

815 1st Street South Waite Park, MN 56387 (320) 253-7070

Cost: \$37.99 per night

Contact person: Christine

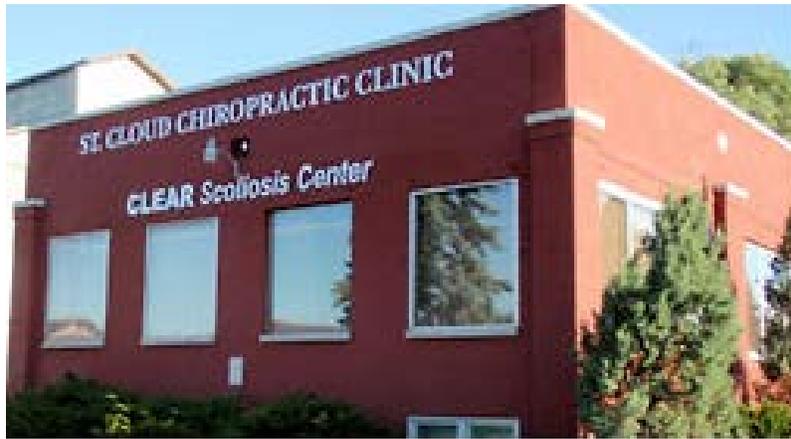
MEET OUR STAFF



Dr. Dennis Woggon graduated cum laude from Palmer College of Chiropractic in 1974, with a Bachelor of Science in Biology. He founded the St. Cloud Chiropractic Clinic in St. Cloud, Minnesota that same year. He is licensed in Minnesota, Wisconsin, Florida and Hawaii. Dr. Woggon taught seminars on Spinal Biomechanics at Palmer College in Davenport for 25 years. He has lectured worldwide, including two trips to Vladivostok, Russia, to work with doctors regarding scoliosis. He has written numerous publications and books on Chiropractic, spinal biomechanics and scoliosis. In 2007, Dr. Woggon founded the first Scoliosis Clinic on the campus of a Chiropractic College in Dallas at Parker College of Chiropractic. He was certified in video fluoroscopy by Palmer College in 1992 and utilizes digital motion x-ray in his practice. He began CLEAR Scoliosis Institute in 2000 which has become a non-profit organization teaching the public and doctors how to help patients with scoliosis.



Dr. SuYen Chong is a 2005 Palmer College of Chiropractic Alumni with a Doctorate in Chiropractic and a Bachelor of Science degree. Dr. Chong has been utilizing the CLEAR Scoliosis Institute protocols since 2006. She practiced in the Chicagoland area and has been an associate at St Cloud Chiropractic Clinic and CLEAR Scoliosis Center of Saint Cloud, Minnesota with Dr. Dennis Woggon since July of 2008.



CLINIC SCHEDULE

Our office opens at 8 a.m., and we close at 5 p.m.. The office is closed from 12 p.m. until 1 p.m.

Your treatment times will be at 8 a.m. and 1 p.m. Monday through Friday and 8 a.m. on Saturday. It is important to be on time for all treatments. If you are going to be more than 15 minutes late for your appointment, please call our clinic at 320-252-5599.

A typical treatment visit lasts around 2 to 3 hours; the reason this varies is due to the fact that different patients have specific & unique spinal presentations, and our treatment plans are customized to their individual needs. We recognize that some patients may occasionally require additional time or attention; however, there is never any charge for these supplementary therapies, and every patient can expect to receive the same excellent level of care & service in all aspects of treatment.

It can be difficult to predict exactly when your treatment session will end on each day. A good estimate is that you can expect to be completed with your care roughly two and a half hours after you arrive, although this is only an approximation.

WHAT TO WEAR & BRING TO THE CLINIC

The ambient temperature of our clinic is maintained at 72 degrees Fahrenheit (23 degrees Celsius). Your core temperature may fluctuate from the more active therapies to the less active therapies, so please layer appropriately if you become warm or cold easily. Please dress comfortably and casually; T-shirts and sweat pants or gym shorts are the preferred attire. Jeans, button-up shirts, and articles with excessive bangles or ornamentation are not recommended. Also, please do not wear high-heels or flip-flops. For ladies, we recommend that you wear a sports bra (no underwires), and please remove all piercings before coming in for treatment (x-rays will be taken on your first and last day of treatment, and in the interim as required per individual patient need).

On the first and last day of treatment, posture grid pictures will be taken that require your back to be exposed. We respect your privacy; please notify the primary doctor if you would like these pictures to be taken by an employee of the same gender.

Our patients are encouraged to bring iPods and other similar portable entertainment devices (with headphones). We also provide a collection of Blu-Ray movies and complimentary Netflix access. Parents are welcome to bring books, laptops, and other electronic devices; free wireless access is provided to all of our patients.



A lounge area is provided for the comfort of our patients & their families.

While our office policy is not to allow food & drinks into the clinic, we will make an exception for the parents' lounge as there is a kitchen area in the lounge. Bottled water and purified water (hot & cold) are provided free of charge to all our guests. Our patients are encouraged to increase their water intake to promote their spinal health and decrease any residual muscle soreness during or after treatment.

An Important Note about Patient Privacy & Confidentiality:

The purpose of the CLEAR Scoliosis Clinic of Saint Cloud, Minnesota is three-fold: first and foremost, we strive to provide the best possible care to all of our patients. Secondly, we are committed to the advancement of research into CLEAR Scoliosis Institute's method of scoliosis treatment. Thirdly, we seek to provide educational service to students & doctors of chiropractic and other healthcare professionals. In the service of this purpose, certain portions of the treatment process, you may be observed by students and/or doctors of chiropractic, and certain non-confidential aspects of your case may be discussed in this process. You have the opportunity at any point in time to elect not to be observed by others throughout the course of your treatment, and not to have the details of your case discussed with others. Every student and/or doctor who may observe and benefit from the educational service they receive at the CLEAR Scoliosis Clinic of Saint Cloud has been given strict instructions to respect the privacy & confidentiality of all of our patients, and have signed a form stating that they will respect the rights of the patients they may observe in this regard by refraining from sharing any private or personal information with individuals who do not have a right to share in such information or a reason to participate in my care plan. If you have any questions, or would prefer not to have students, interns, & doctors observe your treatment plan, please notify the primary doctor.



An open therapy environment helps us to create an atmosphere of warmth & friendship.

ABOUT OUR METHODS

Many of our patients arrive for their first day of treatment very well-informed about every aspect of the CLEAR protocols – informally termed, “Mix, Fix, Set.” We also like to provide a brief overview of every step of the treatment to help provide patients

with an example of a typical treatment session, so they know what to expect and can prepare accordingly.

The new patient paperwork can be found online at www.drwoggon.com. On this web page, there are tabs on the left hand side. Click on the tab that labeled “About” . The forms that we request you to print, have filled out, and brought with you are: Disclosure & Consent, Patient Case History, Insurance Waiver, Health Information Disclosure, and Scoliosis History. When you first arrive, you will turn in the paperwork you have filled out from the forms online.

After a consultation with our doctors reviewing your past medical history and background scoliosis information, we will perform a comprehensive physical examination. The purpose of this exam is to maintain standards of care, collect data that may be used for research purposes, and ensure that the patient will not have any trouble tolerating any of the therapies and procedures utilized in our clinic. The physical examination includes posture pictures, various orthopedic tests designed to test your neuromusculoskeletal function, balance, & proprioception, scoliometer measurements, spirometry, and a neurological exam. After this, a series of precision x-ray views are then obtained which will provide us the information needed to best adjust your spine and formulate a specific spinal exercise regimen customized to your spine and your x-rays.



The Digital Motion X-Ray (DMX) Suite allows us to visualize the spine in motion.

A Digital Motion X-Ray (DMX) examination is then conducted to evaluate the ligamentous integrity of the cervical spine, and also to assess the flexibility of the curve to provide an accurate prognosis of how your specific case will respond to our care. This cutting-edge technology helps us to be certain that you will receive the best possible results.

After your scoliosis examination, x-rays and DMX study are finished, you will watch a short video explaining the CLEAR scoliosis

treatment method. Lastly, before you leave your Monday morning session, we will review with you your x-ray and DMX findings.

When you return at 1 p.m. Monday afternoon, you will watch a short video explaining the importance of chiropractic. Following this, we will review our report of findings with you. During this time, we will go over your spinal findings, our recommendations for care, dietary recommendations, specific spinal isometric & scoliosis stretching exercises, and you will then commence to being your first treatment session.

Every treatment session begins with the patient signing in at the front desk. Then, the



“Mix” stage of the process begins with the Active Rehabilitation Chair (a.k.a., the “Wobble” Chair). This is a seat mounted on a pivot that range of motion, stretching muscles, raising the core temperature, and increasing spinal flexibility to prepare the spine and enhance the effectiveness of all subsequent therapies.

The next phase in the warm-up or “Mix” stage is the Vibrating Traction, or V/T. Research conducted by scientists specializing in spinal biomechanics found that certain vibrational frequencies have the effect of relaxing the tendons, ligaments, and intervertebral discs. This vibration is very beneficial in treating scoliosis, due to the “bow string” effect of the ligaments & tendons and the disc wedging that occurs in the concavity of the curve. The patient lies down with the V/T under their neck or low back, and a gentle vibration is transmitted to the spine. Most patients find this therapy very relaxing!



After the V/T, the cervical traction unit is used to help traction the spine and restore the natural sagittal (front-to-back) curves of the spine. It is essential to restore the normal biomechanics of the spine in order to reduce the overall severity of the scoliosis. The cervical traction consists of two pieces, a curved piece which is placed behind the neck, and a straight



piece that goes under the chin. While standing, the patient bends their knees, and applies a gentle pressure to the head to traction the spine. This is done repetitively 100 times.

Next is the Core Muscle Stimulator. This form of percussive massage therapy



(tapotement) has been FDA-approved since 1988, and it is extremely effective in relaxing the core postural muscles that are often tight and guarded due to the scoliosis. We have collected hundreds of pages of

research on this method, and it has been proven to be 68% more effective in reaching the deep muscle groups. A 30 second use releases muscle tension by as much as 65%. This method is widely used by physical therapists and rehabilitation experts, and is also employed by many professional sports teams. Core muscle stimulation is very safe, and, while it can be challenging to the patient (as we are targeting muscles that are often overworked and sore), it produces no more discomfort than a deep tissue massage. Many of our patients report improvement in their sleep habits and decreased muscle pain after this therapy.

Once the soft tissues of the spine are relaxed, we begin mobilization of the fixed portions of the spine using an Eckard Motorized Flexion/Distracton table. The lower



half of this table moves slowly up and down, which alternatively stretches and relaxes the spine, and improves spinal health & segmental motion, especially in the wedged discs and other areas of the spine which are not moving like they should. The patient is placed face-down

on the Eckard table, which has been customized with special scoliosis brackets & straps to induce a “mirror-image” configuration in the spine. While you are on this table, the lateral traction straps pull the spine straighter, and the repetitive lowering & raising of the bottom half of the table create a natural “pumping” action in the inter-vertebral discs, promoting spinal health and increasing spinal motion. In order to achieve the best possible correction, these straps are secured very tightly, which may be mildly uncomfortable, but the soft leather pads are incapable of causing injury. It’s important to understand that treating scoliosis effectively requires the spine to be

placed in a position which it does not normally assume; the less we are able to stretch the spine towards the opposite direction, the less the soft tissues (muscles, discs, ligaments, & tendons) will re-model and change, and the “rebound” effect of these tight muscles & ligaments will decrease the permanence of the achieved correction.

The last “Mix” procedure is a Mechanical Drop Piece (MDP). This piece of equipment utilizes the same frequency of vibration as the V/T, but the two pieces of equipment have inimitable functions. Where the V/T applies primarily to the cervical & lumbar spine in the sagittal dimension, treating the loss of the normal spinal curves in these areas, the MDP affects the thoracic and pelvic spine in an axial/coronal plane, addressing translation and rotation. The MDP uses a large fulcrum to affect larger spinal angles and uses more force and greater displacement to affect the massive ligaments of the pelvic girdle reducing the rotation of the sacral base and innominates. The benefits will be most apparent in patients with a great deal of pelvic rotation.



The second part of the treatment is the “Fix” stage. This consists of specific chiropractic adjustments, performed with the aid of precision adjusting instruments and drop pieces. All of the adjustments are performed based upon the analysis of your specific x-ray configuration, and are specific & unique to each patient. This precision adjusting technique is different than the traditional adjustments performed in the majority of chiropractic clinics; because of the great deal of time required to master & apply this technique, it is used by only the most advanced chiropractic spinal specialists.

The last stage of treatment is labeled the “Set” phase. It is a combination of exercise therapies designed to strengthen the postural muscles responsible for maintaining the achieved correction. Spinal weighting & whole-body vibration therapy combine to re-train the brain’s patterns of walking, standing, and relating to gravity. This active re-training process is a vital component of ensuring long-term results. The Scoliosis Traction Chair combines traction with



de-rotation and lateral traction to create a mirror-image position of the scoliotic spinal configuration. Whole-body vibration is used simultaneously to help the body erase its old programs and patterns of behavior, and re-train the brain and body to work together to achieve lasting correction.

COMPLIANCY & COMMITMENT

“The patient must combat the disease alongside the physician.”

-Hippocrates

Patients who do not do their exercises will be cheerfully dismissed and referred to an office where they don't care.

At the CLEAR Scoliosis Clinic, our immediate objective is to effect a measurable reduction in the severity of all of our patients' scoliosis during their time in the clinic. To date, we have never failed to achieve this goal. However, it must be recognized that scoliosis care is a lifetime commitment, and the degree of permanence of the results we achieve depends greatly upon your degree of participation & commitment with the mandatory follow-up protocols. With proper dedication to these protocols, you have the best opportunity to get the most out of your time in the clinic after you leave. It is of the utmost importance that all of our patients understand that their journey is not over when their time in our clinic is up; rather, the true journey towards optimal spinal health is just beginning. **Patients who do not follow their prescribed home rehabilitation and exercise therapies should expect to lose the correction they achieve in the clinic, and, due to the time we have spent relaxing the spinal soft tissues in order to achieve that correction, in the absence of any efforts on the part of the patient to stabilize & solidify the soft tissues, their scoliosis may in fact progress to a point worse than before.** Our methods are an active process, and require your compliancy & commitment. Patients who cannot dedicate themselves to

taking responsibility for their spinal health should consider pursuing traditional, passive methods of scoliosis treatment such as bracing & surgery.

To emphasize the gravity of this commitment, every patient is required to sign a Scoliosis Patient Commitment Contract before beginning treatment. This contract explains what is expected of all of our patients when they commit to being under our care and following our instructions to help them overcome their scoliosis.

PATIENT EXPECTATIONS

To encourage an uplifting environment of fellowship and moral support, the atmosphere at the CLEAR Scoliosis Center of Saint Cloud, Minnesota is open therapy rooms and semi-open adjusting rooms. We believe all patients have a much more positive experience when they maintain a good attitude with other patients, clinic doctors and clinic staff. We encourage you to take the opportunity to share your positive experiences with other patients. Any foul language or disruptive behavior will not be tolerated as this hinders all patients' progress and directly affects others around you. If there ever is a problem or question regarding your care, we ask that you request a time to speak with the doctors about your concerns. We do not allow patients to advise other patients on their treatment as each patient's specific needs are different and treatment protocols may not be similar. We ask for full cooperation with clinic staff so that we can serve you best. Please be respectful to all clinic staff, doctors and clinic property.

UNDERSTANDING THE FOLLOW-UP PROTOCOLS

After the completion of your Intensive Care Treatment at the CLEAR Scoliosis Clinic, you will be provided with a Specific Spinal Isometric Exercise regimen that has been custom-designed for your unique spinal configuration. These exercises must be done twice a day for ninety days to develop the muscle physiology that is necessary to maintain the achieved correction. Because any lost momentum cannot be regained, it is absolutely imperative that these exercises be performed regularly, and – just as

important – correctly. For this reason, we teach all patients their exercises on day 1 and review them throughout their treatment as well as provide all of our patients with Instructional DVDs that demonstrate the correct performance of each exercise (there is also a version of this DVD which can be downloaded on to an iPod, iPhone, or similar electronic device). The time required to do the exercises varies from patient to patient, but each session averages around 10 to 20 minutes.

There will also be Spinal Weighting Protocols that you will need to follow. The purpose of the Spinal Weighting is to re-train your cerebellum & your subconscious mind to follow new patterns of standing, walking, and relating to gravity; this is every bit as important as the active stimulation of the muscles achieved by the exercise regimen. The individual weighting protocols that will be used in your specific case will be assigned during your time in the clinic, and may include weights that are placed on the forehead, shoulders, hips, or around the torso. The purpose of these weights is to correct your posture, placing your body into a “mirror-image” configuration, and we will then have you balance on an Air Disc to improve your balance & proprioception. During your time in the clinic, you will be provided with the spinal weights you need (the cost of this equipment is included in your fee), and asked to wear these weights for 20 minutes, twice a day, and set up an area at home where you can perform these balance exercises daily (preferably near a television). Once you return home and the patient is set up with their spinal weighting, pictures will need to be taken from the front, side, and back, and emailed to us so we can ensure that the patient is responding to the weighting system correctly and the at home set up is correct.

The final component of the CLEAR Scoliosis Rehabilitation Follow-Up Protocols is the Scoliosis Traction Chair, or STC. Designed to be the ultimate tool in addressing the three-dimensional deformities that occur in scoliosis, the STC combines spinal un-weighting, de-rotation, and lateral traction to correct the spine in all three planes. The vibration therapy built-in to the chair also ensures stimulation of the neuromuscular pathways to solidify the spinal correction achieved in the chair, and activates increased bone formation to reverse the vertebral wedging that occurs in the scoliotic spine. Because these changes are a long-term process, patients with severe scoliosis (over 25 degrees) are required to purchase a Scoliosis Traction Chair for home use, and utilize this therapy for two 30-minute sessions every day. The patient & family members will

be provided with detailed instructions of how to set up the Scoliosis Traction Chair for the patient's specific spinal configuration, including pictures and/or videos. Once you return home and the patient is set up in the STC for the first time, pictures will need to be taken from the front, side, and back, and emailed to us so we can ensure that the patient is being positioned correctly. **Improper positioning in the Scoliosis Traction Chair, or failure to adequately tighten the ratchets enough to alter the position of the spine, may adversely affect the long-term outcome of your care.** Be sure you understand exactly how you are set up in the STC, and that all of your questions are answered before you leave the clinic. Remember, your results depend upon your active involvement & participation!

FOR PARENTS & FAMILY MEMBERS

On the first day at the clinic, we highly recommend that all family members be present for the initial consultation, examination, and the first treatment session. Because of the active nature of our system of scoliosis treatment, and the high degree of compliance involved, we find that our patients receive the best possible results when they are supported and encouraged from every side. This is also an opportunity for every member of the family to ask the questions they may have about scoliosis or the CLEAR methodologies.

By the third visit (Tuesday morning), our patients have developed a sense for the office flow, and understand where to begin and where to go next after each treatment station. At this point, we encourage family members to either sit in the lounge provided or refer to page 23-26, Recreation / Things to Do in Saint Cloud, and enjoy the sights & experiences offered by the Saint Cloud and Minneapolis area as it is very important for the patient to accept an attitude of empowerment over their scoliosis and responsibility for the correction of their own spine. Additional consultations with family will be given as progress occurs. We will notify parents if needed of consultation times as they are warranted.

If you are the parent of a young child who is being treated at the clinic, and would prefer to be present throughout the duration of treatment, we offer a parent's lounge which is located in the lower level of the clinic. The lounge is equipped with TV/DVD, fully functional kitchen, free wi-fi access. However, please be respectful of the environment in the clinic. We prefer that mobile phones be turned off, or that calls be taken outside. Because our clinic utilizes an open therapy area to allow us to supervise our patients at all times, noises & conversations can travel, and we strive to do our best to maintain a peaceful & calm atmosphere for our patients. Also, please be respectful of the privacy & confidentiality of all of our patients.

ADDRESSING QUESTIONS ABOUT X-RAYS

- **Are X-rays Safe?**

Many parents & patients have concerns about the amount of radiation exposure associated with scoliosis treatment. Please be assured - we use x-ray technologies that are significantly safer, and more clinically applicable, than traditional full-spine radiography.

The x-rays that are taken by our doctors at the CLEAR Scoliosis Clinic expose the patient to significantly less radiation than a standard full spine film. According to the American Nuclear Society (www.ans.org), the average person is exposed to roughly 300 mR of naturally-occurring radiation every year. The seven "spot" views of the spine that are taken at the CLEAR Scoliosis Center total 295 mR. By comparison, a single full spine film exposes the patient to 300 to 400 mR of radiation. The reason that a full spine film is so much greater is because the strength of the x-ray beam must be turned up to adequately penetrate all of the patient's tissues. In addition, the phenomenon of "scatter" causes x-ray penetrance to decrease as the film size becomes larger; this is why a small "spot" view is significantly less dangerous. X-rays in truth are one of the least dangerous diagnostic procedures used in medicine today, but suffer the greatest concerns about exposure; CT scans (of which over 70 million were performed in 2007

alone) expose the patient to 8,000 to 31,000 mR of radiation.

Today's x-ray machines are a thousand times safer than the devices used in the past, for which a documented increased risk is published. Recent studies conducted on post-1980 devices find only a minimal risk, compared to pre-1970's, which found a significant risk. The x-ray technologies in use in the 21st century are even safer. According to the most current scientific literature, the risks of living with scoliosis are significantly worse than the risks of radiation exposure.

- **Can we use my old x-rays?**

The seven spot views taken by a CLEAR doctor are designed to provide the doctor with specific information about the biomechanical factors that are influencing the scoliosis in that specific patient's case. Every scoliosis is unique - it's impossible to design a "one-size-fits-all" exercise program that will work for every patient, or develop one "magic" chiropractic adjustment that corrects every patient's posture. Only through objective precision x-ray analysis can the exact biomechanical factors involved in a specific case of scoliosis be identified. Then, everything - the exercises, the adjustments, the therapies - is designed around that patient's specific spinal configuration. The information in these x-rays gives us the knowledge we need to make effective clinical decisions that will give the patient the best possible results. The clinical purpose of these x-rays is clearly very different than a standard full-spine view, which is taken only to measure the Cobb Angle.

In order to ensure objectivity and uniformity in our x-ray analysis, only x-rays that have been taken by a CLEAR-certified Scoliosis Treatment Center can be used in the course of care.

- **How much radiation exposure does the Digital Motion X-Ray (DMX) Suite produce?**

Because of the advanced technology utilized by this system, it is thousands of times safer than video x-ray units used in the past or for other purposes (such as soft-tissue

imaging). The DMX suite exposes patients to a fraction of the radiation produced by traditional x-ray methods. The equipment is regulated and inspected on an annual basis to ensure that it is functioning correctly and safely, and the exact amount of radiation exposure produced per minute is clearly labeled on the machine.

Further x-ray information will be provided upon your request.

ORDERING YOUR SCOLIOSIS TRACTION CHAIR

If you know you will need the Scoliosis Traction Chair as a part of your Follow-Up Protocols (it is typically prescribed for home use when the scoliosis is in danger of nearing surgical thresholds – 25 degrees or beyond), we will go over the ordering paperwork and information with you once you arrive. The chair will need to be ordered within the first week of care to ensure its delivery by the time you arrive back home following treatment. For the absolute best results, it is imperative that the STC be used the first day after treatment, and every day thereafter, for two 30-minute sessions daily. Any momentum that is lost can never be regained!

The Scoliosis Traction Chair is shipped from Central Minnesota, and typically takes 3-5 days to ship anywhere in the continental U.S. International shipping time varies, but may be as much as 7 to 10 days; please take this into account in the timing of your order.

The therapeutic benefit of the Scoliosis Traction Chair depends heavily upon the specific vibrational frequency of the motor. This frequency in turn depends upon the electrical frequency (the Hertz, or Hz) of the region. A STC that is designed for the U.S. (60 Hz) will operate at a frequency that is one-sixth lower if it is used in a region that operates on 50 Hz. It is important to understand that transformers only affect the voltage of the incoming current, and will not be effective in maintaining the vibrational frequency (and this the benefit) of the STC.

For this reason, all international STC orders are custom-built for the specific electrical frequency of the region they will be operating in. It is highly recommended that orders for international Scoliosis Traction Chairs be placed at the start of treatment allowing time for the chair to be built to the correct specifications.

If you have any questions about the Scoliosis Traction Chair, please contact Vibe For Health at (866) 520-4270, extension 1, or e-mail care@vibeforhealth.com.

QUESTIONS ABOUT BILLING & PAYMENT

When you first arrive at the clinic, please be prepared to render payment in full. By removing the financial burden from the equation immediately, we can focus exclusively on providing the best possible care to the patient.

Please note that the primary care provider must complete the initial examination before we can prepare a detailed invoice, and you can always expect to receive a complete account of all charges before treatment is completed.

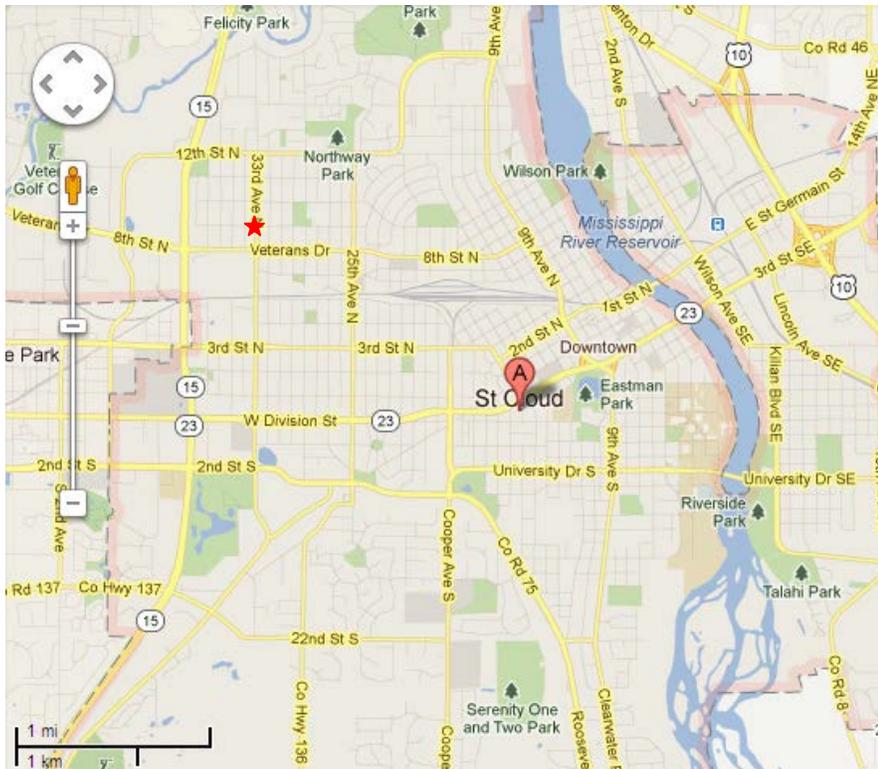
The CLEAR Scoliosis Clinic is considered an Out-of-Network Provider for all insurance companies, except some forms of Blue Cross Blue Shield; this is due to the fact that signing a contract with an insurance company to participate in their network would grant them the right to limit the number of visits we could provide to our patients. Typically, an insurance company will cover 70% to 80% of the services provided by an In-Network Provider, and around 60% of the services provided by an Out-of-Network Provider; however, this is only an estimate. For specific information about your coverage, we recommend that you contact your insurance company and ask about your benefits in regards to Out-of-Network Providers and chiropractic care.

In addition to the required paperwork, our clinic provides support & service to help you bill your insurance company and receive reimbursement for your care. However, we will not bill your insurance company directly, although some types of Blue Cross Blue Shield insurance will be billed through our office.

We can also provide you with support & assistance in billing your insurance company for the Scoliosis Traction Chair. Please note that not every patient will receive compensation from their insurance company for the STC; however, we can provide you with numerous supporting documents & research articles which will increase your chances of receiving reimbursement. The Intensive Care Treatment fee will cover the cost of all adjustments, therapies, x-rays, DMX studies, home rehab equipment, nutritional supplements, and exams performed in the clinic. It does not include the cost of the STC, or any diagnostics or treatment recommended by but performed outside of our clinic (e.g., MRIs).

MAP OF THE AREA AND NEARBY ATTRACTIONS

For your convenience, we have provided a map of the area surrounding our clinic, along with the locations of several popular restaurants. The red star in the middle left is the Clinic.



RESTAURANTS

- A) Anton' s – 2001 Frontage Rd N, Waite Park 320-253-3611
- B) Caf é Renaissance – 2140 Frontage Rd N, Waite Park 320-253-9300
- C) Ciatti' s Ristorante – 27th and Division, St Cloud 320-257-7900
- D) Famous Dave' s – 310 3rd St N, Waite Park 320-217-5900
- E) Fuji Sushi & Steakhouse – 148 2nd St S, Waite Park 320-252-3838
- F) Granite City Food & Brewery – Hwy 15 & 2nd St S, St Cloud 320-203-9000
- G) Grizzly' s Wood Fired Grill – 137 S 2nd Ave, Waite Park 320-253-4092
- H) House of Pizza - 5th Ave S, Downtown St Cloud 320-252-9300
- I) La Casita Mexican Restaurant – 314 W Division St, Waite Park 320-230-8633
- J) Mexican Village – 509 W St Germain, St Cloud 320-252-7134
- K) Star of India – 2812 W Division St, St Cloud 320-281-3380
- L) Texas Roadhouse – 345 2nd St S, Waite Park 320-253-7427
- M) T.G.I.Fridays – 3945 W Division St, St Cloud 320-251-2400

RECREATION

Munsinger & Clemens Gardens – 1515

Riverside Dr SE, St Cloud



Paramount Theatre – 913 W St Germain, Downtown St Cloud



Stearns History Museum – 235 S 33rd Ave, St Cloud



Quarry Park – 17th St S, Waite Park



Lake George Park –



1101 7th St. S,
St. Cloud



St Cloud Public Library
1300 Saint Germain West



St Cloud



Marcus Parkwood 18 Theatre –
1533 Frontage Road North, Waite Park

Crossroads Center –
4101 West Division St,
St. Cloud



Mall of America - 60 East Broadway Bloomington, MN



The Clinic also has St. Cloud area Attraction books available upon request.



BOTTOM ROW LEFT TO RIGHT: MARGIE - OFFICE MANAGER,
THERESA - CHIROPRACTIC ASSISTANT, DESIREE - CHIROPRACTIC
ASSISTANT, DR. SUYEN CHONG - CLINIC DOCTOR.
TOP ROW LEFT TO RIGHT: RACHEL - CHIROPRACTIC ASSISTANT &
MASSAGE THERAPIST,
DR. DENNIS WOGGON - CLINIC DOCTOR & OWNER, THERESE -
CHIROPRACTIC ASSISTANT.

WE LOOK FORWARD TO MEETING YOU IN PERSON!

WARMEST WISHES FROM ALL OF US AT THE CLEAR
SCOLIOSIS CLINIC OF SAINT CLOUD, MINNESOTA.