



FLORIDA
CHIROPRACTIC
HEALTH CENTER

Devoted healthcare leaders

Letter of Introduction

Welcome to Florida Chiropractic Health Center located in the heart of Longwood, one block from I-4. FCHC offers chiropractic care, passive and active physical therapy, massage therapy, patient education and x-rays. We diagnose and evaluate each patient so that we may provide personalized treatment in order to accomplish the most effective results. FCHC has teamed up with some of the best anesthesiologist, neurologist, orthopedic surgeons, and diagnostic centers in the area to accommodate all patient needs. We assist attorneys, physicians, insurance companies and patients on all chiropractic diagnosis and treatments.

Furthermore, FCHC is available for clinics, seminars, and guest speaking events. Presentations are given on spinal health, spinal injuries, neck pain, back ache, exercise, headaches, automobile and motorcycle accidents, and the importance of chiropractic care from early to elderly years and its long term benefits.

If you have any questions regarding my services or would like to schedule a meeting please do not hesitate to contact me personally.

Sincerely,

Dr. Ed Tobenas
Chiropractic Physician



Florida Chiropractic Health Center is available for clinics, seminars, and guest speaking events. Presentations are given on spinal health, anatomy and physiology of lower back pain and neck pain, exercise, headaches, automobile, motorcycle accidents, whiplash using a scientific and evidence-based format, and the importance of chiropractic care from early years to elderly years and its long term benefits.

Which one is best for your needs **Seminar** verse **Clinic**?

Clinics are done primarily at retail stores, conventions, school functions, nursing homes, health fairs, public outreach programs, and gyms.

For clinics we set up a table or booth with visuals, pamphlets, and sometimes includes a monitor to show results of sample examination. Exam can detect several types of injuries new and old a person might have and what can be done. We educate the public on how chiropractic care can help them on their journey to recovery and a healthier lifestyle. Clinics can be conducted as one day or weekend event.

Seminars are conducted primarily at schools, conventions, colleague functions, educational programs, and job hiring safety training events.

Seminars are in a classroom type setting. The doctor lectures approximately 45 minutes to an hour and after allows adequate time for questions from the audience. With prior notice of time allotment doctor can shorten or lengthen any presentation.

During lecture, Dr. Tobenas interacts with the audience allowing them to volunteer as stage patients to demonstrate several situations, tools, procedures, or for visuals on lecture topic. With models and visual aids, the doctor helps audience better understand topics which in return make it educational and fun.

Lectures & Clinics can also be combined into one presentation depending on topic and time allotted.

To schedule for Florida Chiropractic Health Center to come out to your establishment to host a free Seminar, Clinic, or both or you have any further questions, please do not hesitate to call us. Looking forward to hearing from you.



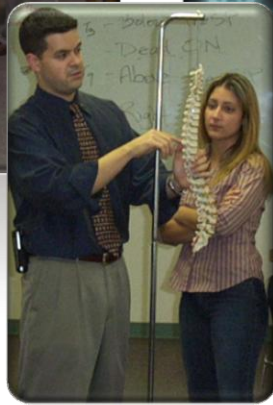
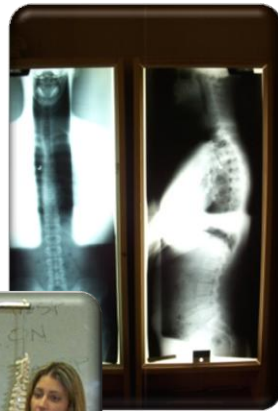


At Florida Chiropractic Health Center we pride ourselves in providing quality patient education.



Dr. Ed Tobenas and Jennifer preparing for the Disney Marathon

We encourage our patients to strive to live a healthier lifestyle.



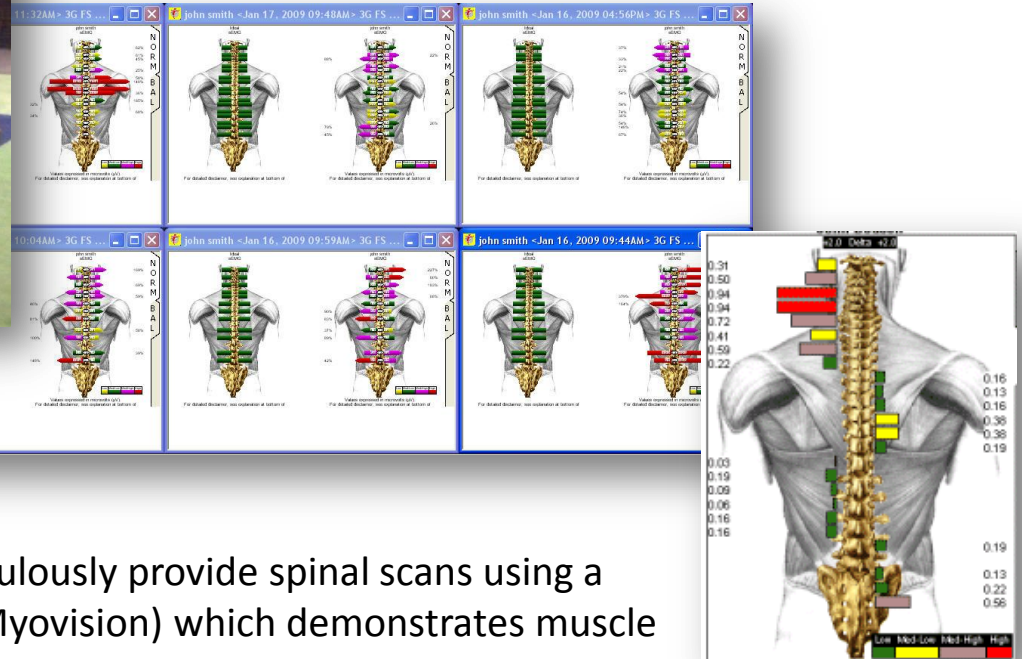
- This is Dr. Tobenas working closely with students.
- He has helped students understand topics such as:
 - Anatomy of the spine
 - Spinal analysis
 - Safe spinal manipulation
 - Physiology of back pain from injury
 - Whiplash



- We enjoy going into the community to allow the public an opportunity to ask the Doctor and staff questions regarding their spinal and health concerns.
- We understand the importance of physical activity.
- Many musculoskeletal symptoms may be greatly reduced if properly rehabilitated.
- This is why we provide the patient physical therapy and we also teach them safe therapies they can perform safely on their own.

We refer to this as Spinal Hygiene

This is a sample of our day clinic set up that we would present in your store.



- On site at our day clinic we meticulously provide spinal scans using a (sEMG) Surface Electromyograph (Myovision) which demonstrates muscle imbalances along the patient's spine.
- sEMG is a device which measures the amount of electrical activity your muscles release when they are contracting, more commonly known as muscle tension.
- It is similar in function to an EKG which measures heart muscle activity.
- This is easy, very fun, and educational for the patient to visualize. This is so important because muscles have a tendency to “brace” in response to spinal misalignments.



At our office, we provide one on one contact with the Doctor so that he may be able to answer any chiropractic or health related questions many patients have but often do not know where to look for the answers. We also have hands on visual aids to help answer questions.



We do this so that the community may learn to live healthier lives and in return they are educated about our office, the services we may be able to provide, and who to contact when their chiropractic needs arise.



We are honored to be working with you and together giving back to the community.

I look forward to speaking with you and setting up clinic/lecture dates at your earliest convenience.

Contact Melissa at our office (386) 334-9990



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