Universal Wellness Roscoe Village Shares First-Visit Guidance

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CHICAGO, IL - November 18, 2026 -
Universal Wellness Roscoe Village is outlining the steps involved in a first chiropractic visit, drawing on its published new-patient information to explain how consultation, examination, imaging when indicated, and a review of findings fit into the practice?s care process. The educational overview is intended to clarify the sequence for individuals and families considering chiropractic services at the Chicago practice.

The practice?s new-patient materials describe an initial consultation with a chiropractor to discuss health history, current concerns, and personal goals. The consultation is followed by an examination that may include an assessment of posture and the spine, along with other physical evaluation appropriate to the individual?s presentation. The clinic states that X-rays may be taken when considered necessary as part of the evaluation.

The practice?s website also describes a second visit focused on communicating clinical findings and reviewing recommendations. That appointment may include discussion of a proposed care plan, an explanation of available options, and an opportunity to consider the information before proceeding. The published sequence distinguishes the initial information-gathering appointment from the later discussion of

findings and recommendations.

Dr. John Reuter, DC, Founder and Chiropractor at Universal Wellness Roscoe Village, said the purpose of explaining the process is to make the stages of an initial evaluation easier to understand. ?A first appointment is a chance to hear the person?s concerns, review relevant health history, and complete an examination before discussing any recommendations. The process gives the chiropractor information to consider and gives the patient an opportunity to understand what the evaluation includes,? Reuter said.

The distinction between evaluation and recommendations is central to the practice?s published description. The first appointment is not presented as a single standard procedure for every person. Rather, the site describes a consultation and assessment, with imaging included when needed, followed by a separate report of clinical findings. The practice?s FAQ similarly notes that the first visit includes a health history discussion and spinal evaluation, while the subsequent visit covers the findings and proposed care plan.

Universal Wellness Roscoe Village?s educational materials identify posture, spinal assessment, and health history as parts of the information-gathering process. The clinic?s chiropractic care page describes an initial consultation that reviews medical history, evaluates health status, and discusses individual goals. Those elements provide context for why the assessment is based on the person?s circumstances rather than a predetermined sequence of adjustments.

The practice also identifies patient understanding as part of the process. Its team page describes a family-oriented approach that includes education about chiropractic wellness. Litzy Gomez, chiropractic assistant at Universal Wellness Roscoe Village, said clear explanations are important during the early stages of a patient?s experience. ?People should understand what information is being gathered and what each stage of the visit is meant to address. Taking time to explain the process helps make the conversation more useful and gives patients a clearer basis for discussing the next steps,? Gomez said.

The practice?s website outlines additional questions that may arise after the initial evaluation, including how follow-up appointments are structured and what information is reviewed before care recommendations are discussed. Its FAQ describes follow-up visits as typically shorter than the first appointment and focused on adjustments or complementary services recommended by the chiropractor. The page also emphasizes that the proposed frequency and type of care depend on the individual plan, rather than setting one schedule for every patient.

For people researching a first chiropractic visit, the clinic?s published information provides a practical outline: an initial conversation about health history and concerns, an examination, imaging if indicated, and a later discussion of findings and recommendations. The process described by the practice allows questions to be raised at more than one point, including during the initial consultation and the report of findings. The clinic?s

materials do not describe the same examination or recommendations as appropriate for every person.

Universal Wellness Roscoe Village is a chiropractic practice founded by Dr. John Reuter in October 2021. The practice serves individuals and families in Chicago and surrounding communities, with services described on its website that include chiropractic adjustments, family wellness care, posture and alignment services, sports injury care, and SoftWave Therapy. Its team includes chiropractors, SoftWave technicians, a chiropractic assistant, an office manager, and an events assistant.

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Universal Wellness Roscoe Village

Whether you?re seeking relief from chronic pain, recovering from an injury, or simply looking to maintain a healthy lifestyle, our team at Universal Wellness Roscoe Village is here to help you every step of the way.

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