













Step 1:

Health Intake and Advanced Labs

Step 2:

**Review of Findings** 

Step 3:

Lifestyle & Medical Integration Strategy



## ReAlign

Step 4:

Physical Assessment & Stabilization

Step 5:

Strengthening & Functional Improvement

Step 6:

Advanced Rehabilitation & Return to Activity





Step 7:

Dosing and Rebalancing

Step 8:

Maintain & Optimize

Step 9:

Reevaluation & Ongoing Health Plan