



Welcome To The **KILTED** **CHIROPRACTOR**

We are excited to have you on our channel. The filming process is both fun and enjoyable. It will take around 1 hour to complete the filming. Please review the "day of" recommendations below.

- Arrive 10 minutes early to fill out waivers and other paperwork as needed.
- Turn your cell phone to silent mode.
- Subscribe to the Kilted Chiropractor Youtube Channel

WHAT TO WEAR:

MALE

- Teeshirt with as little branding as possible.
- Bring athletic shorts
- Hair tie if needed

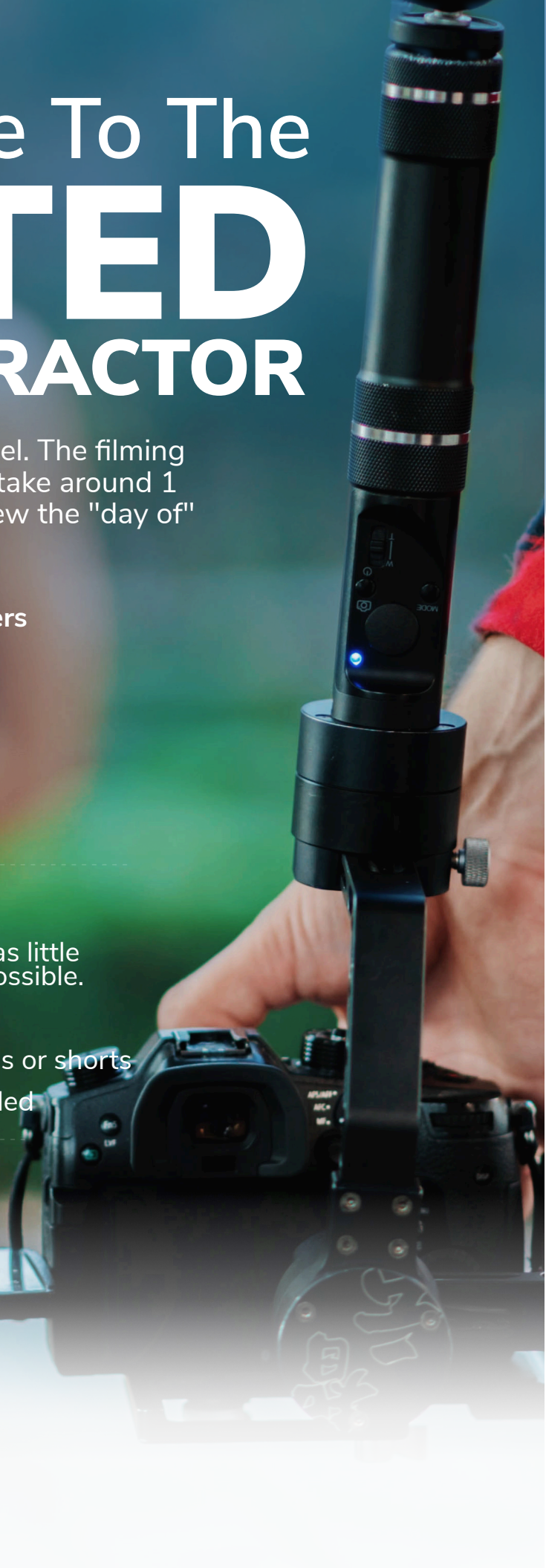
FEMALE

- Teeshirt with as little branding as possible.
- Sports bra
- Athletic leggings or shorts
- Hair tie if needed

**WE LOOK FORWARD
TO SEEING YOU AT
THE VIDEO SHOOT.**



Advanced Family Chiropractic Center
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THE BELOW QUESTIONS MIGHT BE ASKED DURING THE FILMING.

1. How does your pain affect you throughout the day?

Scale from 1-10 with 10 being the worse pain.

2. Have you ever broken or fractured a bone?

3. Have you ever tore, dislocated, or injured a Tendent, Legimant, or Joint (ankles, knees, elbows shoulders, hips ...)?

4. Do you have Headaches or Migraines?

Scale from 1-10 with 10 being the worse pain.

How often do you have them?

5. Do you feel rested after a night's sleep?

6. How frequently do you exercise?
