



UPRIGHT POSTURES
Chiropractic and Movement
Health

Upright Postures Donation-Based Care

Background: For over 10yrs I have devoted my time and energy to seeking out and mastering the most efficient and effective conservative measures of treating the body's functional and postural conditions. I am constantly searching to provide you with the highest quality conservative treatment techniques.

NeuroImpulse Protocol (NIP) is a functional neurological technique that forms the basis of my work. Please see website for more details: on Google <https://g.page/UprightPostures?gm> or direct at uprightpostures.com

Mission Statement: Oftentimes financial constraint can hinder us from investing in the treatment plan that we need, at the time we most need it. A donation-based care program extends you the flexibility to pay less if you need to, and more if you can afford to, depending on your present financial circumstances. This gives you the peace of mind to commit to the treatment plan that you **need** without stress or constraint.

Luke 6:38 *"Give, and it shall be given to you; good measure, pressed down, and shaken together, and running over, shall be given into your bosom: for **with the same measure with which ye mete it shall be measured to you again.**"*

How it works: Instead of me (UP) setting a fixed treatment cost, I am asking you to donate what you can afford to help cover the cost of treatment, with consideration to the value of the treatment provided.

There is no minimum donation set per session.

Information on the cost of a conventional Chiropractic treatment can be provided upon request to help guide your donation.



Please do not feel pressured to pay beyond your means; UP has a 'no judgement' policy and would rather you receive the treatment you need (which could be up to 20 sessions) than to have you receive a fraction of what you need due to burden of cost.

Luke 6:31 *"Do to others as you would have them do to you."*

Please do not feel that your first, or any, treatment donation fixes you to that same ongoing donation cost per session. You can donate after each treatment you receive, or donate after a block of treatments you have received (e.g. after 5 treatments).

How many sessions will you need: for effectiveness I prefer to stick to a 3-5 session minimum. This will usually deal with the acute (<3mths) onset complaints, and remove that feeling of urgency of treatment. For chronic (>3mths) conditions where posture and function are more significantly compensated and/or degraded, treatment may take anywhere from 10-20 sessions. In the beginning for maximum effectiveness it is much better to schedule the c.5 sessions within a 2 week period. Once the right exercises have been implemented, with the appropriate compliance, then sessions can be spaced at weekly or fortnightly intervals until ultimately a maintenance plan can be reached.

How to donate: electronic donations are preferred

- 1) Via the website at uprightpostures.com *
- 2) For direct online bank transfers, please request bank details from simeongray@uprightpostures.com *
- 3) Cash in an anonymous envelope which will be processed at the end of each week with all other donations, to ensure anonymity.
- 4) Cash in hand

*Please use 'UP' as a payment reference for electronic donations. Thank you.