

S.T.R.C. 2-Day IN HOUSE APPLICATION

Enclosed you will find an Application, Medical History form and Policy Sheet.

Please fill out all forms and mail with your fee in check or money order made out to "S.T.R.C., Inc." to:

Abigail Brown, Director, S.T.R.C., Inc.

P.O. Box 86 Ranchos de Taos, NM 87557

OR: pay by credit card through PayPal (you do not need to be a member). PayPal now offers an interest-free plan for 6 months. Our email for PayPal is stclinic.info@gmail.com

Your application may also be emailed or faxed in.

S.T.R.C. 2-Day IN HOUSE PROGRAM (Wednesday & Thursday)

The fee is \$1,200.00. Your check will not be cashed until a few days prior to your clinic. Any amount offered above the fee is fully tax deductible, greatly appreciated, and a receipt will be emailed to you. Donations allow us to offer occasional scholarships to needy clients. Thank you!

Please note: This clinic is for those who are willing and committed to do the program daily for probably a year or more to achieve recovery and then regularly for the rest of your life to maintain recovery. Exercise, a sensible diet and a close relationship with God are all good for you; what do you have to lose? Are you a fighter? You will need to be, because the program will be effective only if you are determined and consistent. Because your muscles have been in spasm and your body misaligned for some time, you will likely experience an increase in stiffness and spasms when you begin your program, as your body reacts to the exercises. This is normal and may last awhile. It is vital to "tough out" this period of time and to exercise gently through the discomfort until you begin to come into your recovery. It could take you a year or two to get into recovery mode, but where will you be in a year or two if you don't do the program? You are encouraged to continue working with your doctors. This program is compatible with the use of Botox if you are using that treatment. Please fill out and return all forms and keep the Policy Sheet for your records. Remember, you will be responsible for making your own motel/hotel reservations and the cost of all room and board with the exception of luncheon meals Wednesday and Thursday. Car rentals and Public Shuttle service is available from Albuquerque Airport to your hotel/motel in Taos. Call for shuttle reservations and times: 1-800-776-1111. Please fill out and return all forms and keep the Policy Sheet for your records. Remember, you will be responsible for making your own motel/hotel reservations and the cost of all room and board with the exception of luncheon meals Wednesday and Thursday. Car rentals and Public Shuttle service is available from Albuquerque Airport to your hotel/motel in Taos. Call for shuttle reservations and times: Taos Ride at (575) 613-3256. They meet you at the baggage claim and take you directly to your motel/hotel. \$70. + tax each way. Driving time 2 and ½ hours. Two trips daily in both directions. There is no real bus service in Taos. Only Enterprise offers car rental in Taos. There is airline service via **Taos Air** from Austin and Dallas, TX and some cities in CA, and then you'd need a rental car from the airport to your hotel/motel.

<https://www.skitaos.com/taos-air>

A map to the clinic and hotel/motel list will be emailed to you upon acceptance to the clinic. I look forward to hearing from you and working with you.

Sincerely, Abigail Brown, Director S.T.R.C., Inc.

Phone: (575) 737-1144

EMAIL: stclinic.info@gmail.com

WEB: www.stclinic.com

PLEASE print dark and clearly. NO cursive. Thank you!

REGISTRATION - APPLICATION Date: _____

This form must be completed, signed and mailed in at least two weeks prior to desired date of entry into the program. MALE _____ FEMALE _____ AGE _____

NAME: _____

ADDRESS: _____

PHONE: Home (_____) _____

Cell (_____) _____

EMAIL _____

HEIGHT _____ WEIGHT _____

HOW DID YOU HEAR ABOUT S.T.R.C.? _____

MARITAL STATUS: ___ married ___ single ___ divorced ___ separated ___ widowed ___ partnered

OF CHILDREN UNDER YOUR CARE AT HOME? _____ ages? _____

ARE YOU EMPLOYED? _____ WHERE? _____

NATURE OF WORK? (i.e. do you sit, stand? Is it physically and/or emotionally stressful?) _____

SPOUSE'S FIRST NAME _____

Will your spouse or relative be sitting in on your clinic week and joining us for lunch each day? _____ If so, any dietary restrictions? _____

WHAT IS YOUR SPIRITUAL PERSUASION? _____

Are you willing to commit yourself to a 2 day program here in Taos, New Mexico, abide by S.T.R.C. policies while here and dedicate yourself without compromise, as much as is possible, to following the program on your own at home over a long-range period of time? _____

WHAT WEEK ARE YOU INTERESTED IN COMING? _____

SECOND CHOICE? _____

(You will choose a Wednesday & Thursday)

The program is 4 part:

- * Exercise (non-aerobic)
- * Famous S.T.R.C. Backrub & trigger point work
- * Nutrition principles
- * Attitudinal work with applied scriptural principles

You will be responsible for making your own airport or Amtrak shuttle and hotel/motel arrangements; all transportation to and from your hotel/motel will be provided if needed. Once this application has been accepted, you will be sent a confirmation of acceptance and a list of hotels/motels nearby along with a map to the clinic. Would you be willing to have your reports of ongoing improvement and your before and after photos and testimonial shared with others as a form of encouragement and hope? _____

It is required that you also fill out and return with your application the enclosed medical questionnaire. All information is, of course, strictly confidential.

I am enclosing my fee of \$1,200.00 to cover the cost of the goods and services I will receive at S.T.R.C. Please make your check or money order payable to "S.T.R.C.,Inc." and enclose with your application. Your check will not be cashed until a few days prior to your clinic week, and you may cancel your plans with full refund any time up until the first day your program is scheduled to begin. After that date, there will be no refund. **We also accept credit cards:** we will send you an invoice from PayPal requesting payment . You do not need to be a member of PayPal. You will fill out your credit card information, and we will receive a confirmation of payment received. You must have a working email to pay by credit card but do not need to be a PayPal member. This is a safe and secure way to pay the fee.

I will use my PayPal account or please have PayPal email me an invoice (if paying by credit card) Our PayPal email is stclinic.info@gmail.com

MEDICAL HISTORY

NAME _____

DOES YOUR HEAD TURN TO THE RIGHT OR LEFT? _____

DO YOU HAVE ANTEROCOLLIS? (head forward) _____ OR RETROCOLLIS? (head back) _____

HOW AND WHEN YOU DEVELOPED S.T. _____

HAVE YOU HAD A MEDICAL DIAGNOSIS? _____ WHEN? _____

DO YOU HAVE VERTEBRAE OUT OF PLACE? _____ SCOLIOSIS (spinal curvature)? _____

DID AN ACCIDENT OR SERIOUS ILLNESS PRECEDE THE ONSET OF S.T.? ___ YES ___ NO

If yes, please

explain: _____

ARE YOU CURRENTLY ILL WITH ANY OTHER DISEASE? _____ YES _____ NO

If yes,

explain _____

ARE YOU UNDER SEVERE STRESS? ___ YES ___ NO If yes, explain why: _____

I have taken # _____ Covid-19 vaccine shots. I have taken # _____ Covid-19 booster shots.

DO YOU EXPERIENCE TREMORS? _____ WHERE? _____

DO YOU HAVE PAIN? _____ WHERE? _____

Is the pain: ___ mild ___ moderate ___ severe

HAVE YOU HAD ANY BOTOX INJECTIONS FOR YOUR S.T.? _____ YES _____ NO

If yes, have you experienced adverse reactions? _____

If yes, have you experienced relief from Botox? _____

ARE YOU CURRENTLY "ON" BOTOX? _____ Date of last injection _____

Note: if on Botox, it is best to have had your last injection at least 2 weeks prior to your clinic or before.

WHAT OTHER MEDICAL, OR NON-MEDICAL TREATMENTS HAVE YOU HAD FOR S.T.? _____

HAVE THE TREATMENTS MADE YOU WORSE? ___ YES ___ NO

If yes,

explain: _____

ARE YOU TAKING ANY PRESCRIPTION DRUGS? _____ YES _____ NO

Which ones? _____

HAVE YOU HAD ANY RELIEF FROM THESE DRUGS? ___ YES ___ NO

ARE YOU USING MEDICAL CANNABIS (MARIJUANA)? _____ If yes, for how long? _____

Have you experienced relief from your ST symptoms as a result? _____

IF FEMALE, ARE YOU ON HORMONE REPLACEMENT THERAPY (HRT) ? _____

* HAVE YOU HAD SURGERY TO CORRECT YOUR S.T.? ___ YES ___ NO

If yes, explain and include dates: _____

HAVE YOU HAD ANY OTHER RECENT SURGERY? _____ YES _____ NO

If yes, explain and include dates: _____

DO YOU SMOKE? _____ DRINK ALCOHOL? _____ EAT SWEETS? _____

HAVE YOU SMOKED IN THE PAST? _____ If yes, explain for how long and when you quit. _____

ARE YOU INVOLVED IN A SPORTS PROGRAM? _____ IF YES, EXPLAIN: _____

IS YOUR BED: ___ hard ___ soft ___ medium ___ waterbed ___ airbed ___ tempurpedic

Do you use a pillow? ___ YES ___ NO Is the pillow:

___ Feather ___ Foam/Fiber ___ Contour ___ My Pillow

DO YOU SLEEP: ___ on your back ___ on your stomach ___ on your side: which side? _____

___ all the above

DO YOU SIT IN RECLINERS AND SOFT SOFAS? _____ YES _____ NO

DO YOU HAVE ANY OF THE FOLLOWING:

_____ diabetes _____ fainting spells _____ hypoglycemia _____ dizziness
_____ arthritis _____ high _____ low blood pressure _____ HIV positive _____ glaucoma

DO YOU HAVE ANY FOOD OR OTHER ALLERGIES? _____ YES _____ NO

If yes,

explain _____

ADDITIONAL COMMENTS ON YOUR HEALTH THAT MAY NOT HAVE BEEN COVERED (include any special dietary needs or food you can't or won't eat) If vegetarian, do you eat fish? eggs? dairy?

If "no dairy" do you eat cheese? butter? This information is needed for meal planning.

DO YOU LIKE MILDLY HOT SPICY FOODS? _____

(P.S. New Mexico's green chile is wonderful!!)

I have read, understand and accept the following: (this must be signed if you plan to attend S.T.R.C. - unless emailing information)

This is not a medical clinic. I am not medically trained, do not prescribe medication, nor administer medication and accept no responsibility for lack of physical improvement and/or injury in any client. I offer only suggestions based upon my own devastating experience with S.T, and my recovery through application of these principles to my own life. A client's progress or lack of it will depend solely upon his or her own commitment to and application of the principles laid down in the S.T.R.C. Program Guide.

Client's name (PRINTED) _____

Client's signature _____

Date: _____

* **Note:** If you have had corrective surgery for your S.T., a written doctor's written release addressed to the clinic is required and **MUST** be sent before you arrive for your clinic week.

➔ **Physical Clinic Location:**

**136B Los Cordovas Rd.
Rancho de Taos, NM 87557**

Mailing Address:

P.O. Box 86
Ranchos de Taos, NM 87557

Local Phone (575) 737-1144

EMAIL: stclinic.info@gmail.com

WEB: www.stclinic.com



Confidentiality Agreement

Due to your access to confidential and copy-written information, as a client enrolled in the S.T.R.C. Recovery Program

We request that you sign the following Confidentiality Agreement:

Confidential information may include, but is not limited to, the following: exercises, massage, nutrition program, proprietary information, suppliers information, methods, plans, documents, data, drawings, manuals, reports, resources tools, and training materials.

In connection with being enrolled in S.T.R.C., I agree to the following:

I agree that I will not at any time, both during and after my enrollment in S.T.R.C., communicate nor disclose confidential information to any person, online posts/blogs, corporation, nor entity. I further recognize and agree that as an S.T.R.C. client, I may become aware of nonpublic information of a personal nature about employees or associates. I will not disclose any such information to any other person nor entity.

Signature: _____

Printed Name: _____

Date: _____

Thank you for your cooperation!

S.T.R.C. Board and Director, Abbie Brown

POLICY SHEET

S.T.R.C., Inc. is a nonprofit, tax-exempt 501(C)(3) organization dedicated to helping victims of Spasmodic Torticollis overcome their symptoms and return to a normal life. This program can provide an ongoing recovery but not a cure. There is no known cure for S.T. You are asked to read and study all the printed material in your S.T.R.C. material that will be provided to you when you arrive. Even after you have committed the exercises to memory, you will need to review the exercises now and then to be sure you are doing them correctly.

Once you are scheduled for your Clinic, please bring:

1. An exercise outfit - something comfortable and tennis shoes or comfortable flats. This area is very casual. We are 7000 ft. up in the mountains, so in the winter it can be cold and snowy. Come prepared. Taos is very casual regarding dress.
2. An umbrella in the summer months, though we get very little rain.- Optional
3. Heating pad and/or gel ice pack (for the motel if you get stiff or sore) - Optional

CURRICULUM

WEDNESDAY

9-9:40 Intake & Program Guide
9:40-10:10 Habit Patterns
10:10-11:15 Stretching Exercises
11:15-noon Massage, Trigger Pt., Bodo, GuaSha

LUNCH at the Clinic

1-1:30 Magnets & Self-help tools
1:30-3:00 movies
3:00-4:00 nutrition seminar

THURSDAY

9:00-noon Stretching, Gym, Bodylastics

LUNCH at the Clinic

1:00-2:15 Research
2:15-3:00 Wrap Up
3:10-4:15 massage

Please don't be early in the mornings. Thanks!