



## 1:1 Clinical Care with Dr. Tao

*Personalized chiropractic care to restore balance, performance, and vitality.*

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Dr. Tao Sardonicus brings a dynamic blend of chiropractic, athletic, and bodywork experience to provide highly individualized, in-person care. His approach focuses on uncovering the patterns holding you back and supporting your body's natural ability to heal, adapt, and thrive.

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### What to Expect

#### Step 1: Complimentary Phone Consultation

Your care begins with a brief phone call with Dr. Tao to explore your health goals and ensure his approach is the right fit. This is your opportunity to ask questions, share what you're experiencing, and feel out the next step before committing.

#### Step 2: Health History and Initial Exam

If you move forward, you'll complete detailed health history paperwork (available on the website) and bring it to your first visit. Dr. Tao will conduct a comprehensive exam, reviewing your structural, neurological, and movement patterns to identify the root contributors to your challenges.

#### Step 3: Personalized Care Plan

Based on your goals and exam findings, Dr. Tao designs a care plan tailored to your needs and lifestyle. His plans often progress through three phases:

- **Relief Phase:** Addressing immediate pain or discomfort.
- **Corrective Care:** Resolving underlying imbalances and restoring stability.
- **Maintenance Care:** Most clients continue with periodic care to sustain balance, resilience, and long-term well-being.

Progress is tracked through **objective review exams every 12 visits**, ensuring care continues to align with your goals and respond to the changes your body makes.



#### Step 4: Hands-On, Customized Adjustments

Dr. Tao combines chiropractic adjustments with his background in massage therapy, CranioSacral Therapy, and NeuroFascial Integration. Each adjustment is hands-on, precise, and adapted to what your body can integrate in the moment. His care may also include:

- Chiropractic adjustments to optimize brain-body communication,
  - Soft tissue and fascia release techniques to unwind tension.
  - Movement, exercise, and lifestyle recommendations to support healing beyond the office.
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#### Important Details

- **Flexible Payment Options:** Dr. Tao operates an independent, insurance-free practice; clients may pay using cash, check, or credit card.
  - **Care Plan Packages:** Consistency builds momentum. Series options are available to make ongoing care accessible and effective, while also ensuring you receive the full benefits of a customized plan.
  - **Limited Availability:** As a new chiropractor in the practice, Dr. Tao is currently accepting new clients and is excited to grow with those ready to invest in their health.
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#### How to Get Started

If this resonates with you, call or text: **(603) 294-7972** to schedule your complimentary consultation.

During this call, Dr. Tao will answer your questions, discuss your health goals, and outline what to expect, including care plans and investment.

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## The Philosophy Behind His Care

Dr. Tao's care is rooted in the belief that health is not only about relief from symptoms, but about unlocking your full capacity to move, perform, and live well. With a background that bridges chiropractic, athletics, and bodywork, he integrates science, skill, and intuition to help your body recalibrate.

As a lifelong athlete, he understands both the toll life can take on the body and the potential for recovery when alignment is restored. His goal is to empower you with the adaptability and resilience needed for long-term vitality.

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## A final note

Healing is not a quick fix — it's a process of learning, adapting, and investing in your own well-being. My role is to guide you in uncovering the structural and neurological patterns that may be limiting your health, and to support your body as it reorganizes into greater balance.

This is a collaborative journey. Your care doesn't end at the office — it expands into the way you move, rest, and live each day.

**Together, we'll create conditions for your body to thrive, building a foundation for resilience, performance, and quality of life.**

If you're ready to take this step, I would be honored to work with you.

To your health,  
*Dr. Tao*

