

BUDINCICH CHIROPRACTIC CLINIC
MANUAL FOR NEW AND EXISTING
PATIENTS

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BUDINCICH CHIROPRACTIC HISTORY:

The Budincich Chiropractic Clinic was founded in 1985 by Michael N. Budincich at 140 North Hill Avenue, Pasadena, CA. Prior to the establishment of the Clinic in 1985, Dr. Budincich practiced in Pasadena at 350 South Lake Ave. for four and one half years in the Colonnade Mall. While practicing with another Pasadena doctor, the clinic became too small for the practices of both doctors, and Dr. Budincich opened on his clinic own on July 31st, 1985 and the Clinic has remained open every week since that time without interruption.

Dr. Budincich has been practicing in Pasadena full time and unbroken since February of 1981. Dr. Budincich has had 2-3 dozen interns and Associates over the last 25 years, many who stayed several years and some who stayed a shorter time. The Clinic has been a training facility for the post-graduate department of the Southern California University of Health Sciences & the Los Angeles College of Chiropractic, as well as the (now closed) Cleveland College of Chiropractic in Los Angeles. This teaching facility has supervised several clinical interns on their way to licensure after they have satisfied their basic clinical requirements in the College Clinics prior to their graduation and licensure. Dr. Budincich has been happy to be a part of the education of many developing doctors both before their licensure, and afterward, in teaching these doctors the specialty of natural health care with spinal manipulation, and the skill of patient management.

In 2015, the Clinic will celebrate its 30th Anniversary at the current location.

MEET THE DOCTORS:

Dr. Michael Budincich – Clinic Director and Chief Executive Officer of the Budincich Chiropractic Clinic, Inc. graduated from the Los Angeles College of Chiropractic in December of 1980 and 2 months later was in full time practice in Pasadena on South Lake Avenue in the Colonnade Mall. Dr. Budincich, prior to attending Chiropractic College grew up in Southern California, where he attended High School and competed in football and Track and Field at the High School level. Being a top recruit in both football and track, Budincich chose to accept a Track and Field scholarship to the University of Southern California in Los Angeles. After four years of competing on the track team as a “biological sciences” major, he earned 1975 “All-American” honors as a shot putter and discus thrower on the University of Southern California Track and Field team that was fortunate enough to win a National Championship in 1976. The season following his graduation in 1977, Dr. Budincich after taking 2 upper division science courses at USC competed one more season in open division international “Olympic class” competition competing for the Maccabi Track Club in West Los Angeles. Dr. Budincich traveled to Europe in the summer of 1977 and competed throughout Scandinavia and Europe and placed 8th in the World Games at Helsinki, Finland in July of 1977. Budincich then retired from the sport at the International level and the following month started his studies at the Los Angeles College of Chiropractic now a subsidiary of the Southern California University of Health Sciences which was then in Glendale, CA. The university, for the past 30 years, has been located in Whittier, CA. Dr. Budincich because of his extensive athletic background began working with local High Schools and College teams, as well as his “Alma Mater” USC Track and Field and Cross Country teams.

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He became a member of the American Chiropractic Association Council on sports injuries and became specialized in on the field athletic injuries. During his first 6 years of practice he worked with the Pasadena City College football team as their sideline physician during football games and traveled as far as Texas with the team to attend to their physical needs both with chiropractic adjustments and physical therapy assisting the trainers. For the USC track team he helped athletes primarily with lower back, hamstring, and knee and ankle injuries sustained from running, jumping, and throwing. He currently remains in good relationship with (recently retired) coach Ron Alice and world class throws coach Dan Lange in keeping the chiropractic needs of the track team constantly top notch.

Dr. Budincich has served the chiropractic profession from his early days as a student, acting as public relations chairman of the San Gabriel Valley Chiropractic Association while interning with Dr. Rosario Fiumara of San Gabriel. Within his second year of practice he became the president of the San Gabriel Valley Chiropractic Society where he held 3 terms and later became its “Key Doctor” for the California Chiropractic Political Action Committee. Dr. Budincich also served as a Trustee for the California Chiropractic Political Action Committee, as well as several other elected positions within the State. For the Los Angeles County Chiropractic Society, Dr. Budincich served as Secretary 2 terms and Vice President 2 terms before giving up the LACCS Presidency to colleague Dr. Glen Fischel because of his recent marriage and baby on the way in 1991.

Dr. Budincich has taught at international seminars for the Parker College of Chiropractic and for the Parker School of Professional Sharing based in Irving Texas. Dr. Budincich has taught seminars in the Bahamas, the United States, Canada, Mexico, and has given generously to his profession both by his time and his resources.

Dr. Budincich’s current passion is serving the poorest of the poor in Mexico’s Baja Peninsula with chiropractic care and medical, dental, optical, and ophthalmologic care. As a missionary bush pilot, Budincich carries 2-3 plane loads of people bi-monthly to remote areas onto dirt air strips located in Baja, CA where the medical teams are off-loaded and serve for 2 days serving migrant farm workers earning below the poverty level (even by Mexico standards). Giving chiropractic care to those who cannot afford it, and do not have access to it, has special place in Budincich’s heart, since he was fortunate to have received complimentary chiropractic care as a student athlete which prompted him to be a chiropractor.

While Budincich was an undergraduate student at USC he sustained a severe back injury as a freshman, and chiropractor Henry Harter, D.C., within 2 weeks put him back on his feet and in competition. He was well enough to break his personal best as well as beat the school record holder from US Berkley 2 weeks after his injury. This was a life changing experience for Budincich and he hopes to inspire others to begin a career in chiropractic, as it has been so rewarding for him to practice.

Budincich’s practice specialties include the obvious expertise in sports injuries, herniated disc syndromes, lower back and neck spinal arthritis syndromes, radiating pain into the arms and legs particularly sciatica, and common ailments of the shoulder, knee, elbow and wrist. Budincich is also specialized in detecting and correcting anatomical leg length syndrome (LLI) whose most common symptom is chronic lower back pain.

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Dr. Budincich has two children, 22 and 21 and are attending college. Dr. Budincich resides in Sierra Madre, CA where he is a member of the rotary club.

PURPOSE OF THE BUDINCICH CHIROPRACTIC CLINIC:

“The purpose of this Clinic is to support a transformation in the health of humanity by serving as many sick and suffering people as is humanly possible with chiropractic care, and to educate our patient’s in the community in which we serve, to go out and educate the world as to who we are and what we represent.”

OUR MISSION:

The mission of the Budincich Chiropractic Clinic is to serve our community within the greater Pasadena area with first class chiropractic services and very available hours. Our goal is to never have a patient in extreme pain have to wait an extra day for an appointment when they can be seen today. We feel strongly about providing emergency care to our patients as needed and having generous operating office hours. pm. New patient times are set aside each day for call in new patients that may have had something acute happen that day. Rarely are patients not able to be seen on the same day that they call by at least one of our doctors that may be available, even though their primary doctor might be booked. Our Clinic is dedicated to serving our patients first and serving our own needs secondarily. Our mission is to have you recommend your friends and family to us with full confidence and expect the same quality of service that you would from “Nordstrom’s Department Store”.

CLINIC OFFICE HOURS:

Monday -	8:00 am – 12:30 pm	3:00 pm – 6:00 pm
Tuesday -	9:30 am – 12:30 pm	3:00 pm – 7:00 pm
Wednesday -	8:00 am – 12:30 pm	3:00 pm – 6:00 pm
Thursday -	10:00 am – 3:00 pm	
Friday -	8:00 am – 12:30 pm	3:00 pm – 6:00 pm
Saturday -	8:00 am – 11:30 am	

Our Clinic is open all day Mondays through Fridays and Saturday mornings. The Clinic opens at 8:00 in the morning and 1 night a week has office hours Tuesday until 7:00.

House calls and Emergencies by appointment only – dial: (626) 893-3025 for an Emergency or contact at regular clinic number at (626) 792-3390 and listen to the recording for phone numbers that may be recorded for other doctors on-call.

BUDINCICH CHIROPRACTIC CLINIC FINANCIAL POLICIES:

Budincich Chiropractic Clinic accepts a diversity of different types of chiropractic cases. The following is a partial list of the types of cases we commonly accept:

- 1- Auto crash or personal injury cases.

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- 2- Blue Cross PPO.
- 3- Blue Shield Preferred Provider.
- 4- Cash cases.
- 5- Medicare.
- 6- On-field athletic injuries with team insurance.
- 7- Worker's Compensation cases.
- 8- Medical-Legal/Disability cases.

Different plans are being added all the time that are under contract with the Budincich Chiropractic Clinic. Please call to verify your coverage, or email a copy of your insurance card to insurance@drbud.com to see if you have coverage with us.

The Budincich Chiropractic Clinic is dedicated to making your chiropractic care affordable, regardless of your current financial situation. If you are sincere about getting your health care problem handled and following the doctor's recommendation as directed, the clinic will be more than generous with small payment plans and fee discounts for pre-payment for a variety of health plans offered.

Pre-payment discounts are offered as following:

First visit maximum out of pocket fee of \$199.00 includes all X-rays, examination and history intake. Pre-payment of 10 visits up to 19 visits in advance – 10% discount off normal cash fees for cash or check or a 7% discount for credit card pre-payment.

For chiropractic pre-paid visit 20 or more on a treatment plan – a 15% savings off of our normal cash fees will be offered if paid by cash or check and a 12% fee reduction will be offered for credit card pre-payments.

Annual pre-paid wellness plan – 15 visits total.

This plan is offered for patients that are established and are under no current active care. These are patients that wish to stay well and enjoy receiving a monthly chiropractic adjustment with the insurance of having a few extra adjustments during the year should they suffer a flare-up. This plan is pre-priced at \$610.00 for cash or check and \$625.00 for credit card pre-payment.

The above pre-payment discounts are for cash patients only, but insurance cases may pre-pay your expected co-payments and also receive a discount, ask for details.

Medicare patients – Your Medicare fee as of 2014 will be \$36.20 cash per visit. We will then electronically bill Medicare for these services and you will receive a check in the mail for 80% of these services. Billing the secondary insurance with the explanation of benefits for Medicare will be the patient's responsibility since the expected fee will only be about \$8.00 back from the secondary insurance.

Budincich Chiropractic Clinic typically does not charge for billing commercial insurance companies and we will bill as a courtesy. We may need our patient's to call their insurance companies personally to

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verify their coverage and fill out an insurance verification sheet by which we may confirm their coverage and start billing. When time permits and staffing allows it, our clinic staff will perform this service for you. Medicare pays 12-24 chiropractic office visits per calendar year. Most new patients usually exceed this number of visits on their initial phase of care based on the chronicity of their problem. Medicare will pay 80% of the \$36.20 fee up to 24 visits per year per diagnosis. Occasionally more visits may be obtained if you have support from your medical doctor that the treatment is helping and this care is authorized by Medicare in advance.

Should you have any specific questions regarding handling your financial account, our staff will be very cooperative. You may contact our insurance department at insurance@drbud.com You may contact Dr. Budincich with more specific questions or insurance problems at drbud@drbud.com.

CLINIC WEBSITE:

<http://www.drbud.com> – this site contains much of what you are reading in this office manual. We also post testimonials, many past years of news letters and informative articles. You can also learn about any fund raising or mission activities that we may be doing in the clinic to serve our community as well as in Mexico. We hope to have the website as a source for downloading exercises you need to perform from our clinic as an easy way to access them in case you lose your original hard copies.

You may also receive the clinic numbers, the doctor resumes, clinic fax numbers, and doctor's e-mail addresses on the website prior to the time they may be updated in this manual. If an e-mail address for a particular employee does not work, go onto the website and check the most recent number and try again.

CHIROPRACTIC TECHNIQUES:

Our office offers several chiropractic techniques that we practice regularly and are specialized in. The most common technique that we use regularly is "Diversified technique" which is taught at most chiropractic colleges and universities. The other techniques that we practice are listed below.

Leander (motion assisted adjusting) technique.

Flexion Distraction technique.

Impulse technique.

Cox technique.

Gonstead technique.

Sacro-occipital technique, (SOT) the use of "pelvic blocks".

Activator technique, (the use of a small spring-loaded instrument for low force adjusting).

Myofascial release technique (the use of manual manipulation on the soft tissues to release fibrotic trigger points and adhesions)

Thompson Drop technique (the use of a specially designed table that allows quick acceleration of the adjustment)

Crane Condyle occipital technique (the use of adjusting the base of the skull and Atlas).

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The office is also familiar with and has working knowledge of Palmer technique and several other more obscure techniques that we use on different cases depending on the complexity of the case, and what the patient responds or does not respond to.

Regardless of the chiropractor you may have seen in the past, out of town or out of state, our clinic has a technique and a doctor that will probably do the same or equal job as the techniques that may have been used in the past on you.

In addition to the basic chiropractic technique listed above, our office is also skilled in athletic sports taping for athletic injuries of different joints, as well as “Kinesio Taping” technique that was developed in Japan. We also perform plaster casting for simple fractures of the upper and lower extremities on a case-by-case basis.

Our office also custom fabricates custom made running and walking orthotics for athletes and lay people for all ages including children. Our custom fabricated orthotic devices are usually 40-50% off the price most podiatrists and orthotic companies charge for the same service and quality and expertise in fabrication. We also offer a line of semi-custom prefab shell orthotics that are less expensive than the custom made, and for simple cases may work just as well and be less charge as a child’s foot grows. Ask your doctor for details as to which type you might need.

PHYSICAL THERAPY SERVICES:

Our Clinic offers a wide variety of physical therapy services some of which are listed below:

- 1- Ultrasound, both stationary and moving wand ultrasound are offered in our office depending on the condition.
- 2- Sinusoidal electrical muscle stimulation.
- 3- Interferential electrical muscle stimulation.
- 4- Arhostim instrument.
- 5- Vibracussor instrument.
- 6- Faradic electrical muscle stimulation.
- 7- Pulsed galvanic electrical muscle stimulation.
- 8- “Russian stim” electrical muscle stimulation.
- 9- Galvanic electrical muscle stimulation.
- 10- Two-pad diathermy electromagnetic therapy.
- 11- Magnatrode electromagnetic therapy.
- 12- Fomentation hydrocollator pack application.
- 13- Cryotherapy pack application.
- 14- Paraffin bath immersion application.
- 15- G-5 deep tissue stimulation.
- 16- Specific one on one deep tissue therapy for myofascial trigger point release. (deep tissue massage) provided by skilled and licensed therapists).

We also offer posture and exercise rehabilitation workshops 2-4 times a month in our offices as part of our plethora of different services we provide.

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We also offer patient education courses in the basics of chiropractic philosophy to aid the new comer into understanding the science and art of chiropractic more fully as they become chiropractic patient's for the first time. We offer both evening and noon time classes; call the office for details to schedule for one of these programs in the future.

REFERRAL SERVICES TO OUTSIDE SPECIALISTS:

In the event that your case may not be a chiropractic case, or that your case needs to be co-managed by a medical doctor in a particular specialty such as: orthopedic surgery, neurosurgery, neurology, vascular surgery, dermatology, podiatry, ophthalmology, physical medicine, occupational therapy, physical therapy, exercise rehabilitation, work hardening, expert pain management, we have a list of resources for these particular specialties we can offer you upon demand. We use a team approach to help you regain your health.

Our office also has a resource of MRI labs, CT scan labs, PET scan labs, blood chemistry centers, outside X-ray facilities for specific studies, bone scan studies, EMG studies, nerve conduction velocity studies, and a variety of other special tests and laboratories. The specific name of a doctor or center can be provided upon demand if you ask your doctor.

Specific specialists for specific problems in our referral network. \

The following list of doctors is provided to you because of our relationship with these doctors and our knowledge of their expertise. The following doctors we are personally acquainted with and can vouch for their quality of care and their reputations.

Orthopedic injuries or sports injuries, shoulders, knees, and elbows

Dr. Gregory Adamson

800 S. Raymond Ave

Pasadena, CA 91105

Neurosurgery

Dr. William Caton, M.D.

630 S. Raymond Ave, Ste 330

Pasadena, CA 91105

626 793 8194

Dr. Gregory Withers, M.D.

301 W. Huntington Drive

Arcadia, CA 91007

Neurology

Dr. Vincent Fortanasce

Naomi Street

Arcadia, CA

626 705 6023

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Orthopedic Surgery of the hand and wrist

Dr. Amir Mostofi, M.D.

2627 E. Washington Blvd.

Pasadena, CA 91107

USC University Hospital

Dr. Milan Stevanovich , M.D.

Tel: (323) 442-5860

Obstetrics and Gynecology

Dr. Brian Jick

Huntington Hospital

626 305 2626

Orthopedic Surgery for the spine

Risser Medical Clinic

Dr. Ben Pradhan, M.D. Dr. Daniel Lester, M.D.

2627 E. Washington Blvd.

Pasadena, CA 91107

Tel: (626) 797-2002

Dr. Donald Norquist, M.D.

Orthopedic spine specialist

Risser Orthopedic Group

E. Washington Blvd

Tel: (626) 797-2002

General and Internal Medicine

Dr. Warren "Ren" Brown

529 W. Sierra Madre Blvd.

Sierra Madre, CA 91024

Dr. Andre Ettinger

50 Belfontaine

Pasadena, CA

Tel: (626) 844-0313

Dr. Roy Jackson

65 North Madison

Pasadena, CA

Tel: (626) 792-4185

Dr. Joseph Pachorek

50 Alessandro Place

Pasadena, CA

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Tel: (626) 795-4223

Dr. Hani Sami
147 W. Sierra Madre Blvd.
Sierra Madre, CA
Tel: (626) 355-3443

Infertility – Huntington Reproductive Center

333 Arroyo Parkway
Pasadena, CA
Tel: (626) 440-9161

Pediatrics

Dr. Robert Deputy
504 South Sierra Madre Blvd.
Pasadena, CA
Tel: (626) 795-8811

Rheumatology

Dr. Dean T. Noritaki
675 South Arroyo Parkway
Pasadena, CA
Tel: (626) 795-4116

Pain Management, Epidural Blocks, Facet Injections and MRI Radiology

Oak Tree Radiology
Doctors: Robert R. Wycoff, M.D., Jay Tsuruda, M.D., Juan Esteva, M.D.
751 Cordova
Pasadena, CA
Tel: (626) 446-0094

Oaktree Radiology/MRI

751 Cordova
Pasadena, CA 91101

Arcadia MRI

Dr. Byron Sotomayor and staff
638 West Duarte Road
Arcadia, CA Tel: (626) 446-0080

MRI Radiology

Dr. Richard Yadley
100 West California
Pasadena, CA
Tel: (626) 397-5139

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Urology

Neville Williams, M.D.
10 Congress
Pasadena, CA
Tel: (626) 577-8640

John W. Edwards, M.D.
112 N. Madison Ave
Pasadena, CA 91101
Tel: (626) 796-8102

Podiatry

Mark Kidon, M.D.
10 Congress St, Ste 410
Pasadena, CA 91105
Tel: (626) 799-1194

Dr Welman Lim DPM
Walnut Ave
Pasadena, CA 91106

Dermatology

Dr Marilyn Mehlmauer
10 Congress Street ste. 320
Pasadena, CA
626 585 9496