Trying a new healthcare provider can feel like a lot of unknowns. Where do I park? Which door do I use? What happens at the first appointment? This guide answers those practical questions for anyone planning a first visit to McNamara Chiropractic Center in Lighthouse Point, Florida, whether you live nearby or are driving in from Pompano Beach, Deerfield Beach, Boca Raton or Fort Lauderdale.

Where the office is

McNamara Chiropractic Center is located at **3320 N Federal Hwy, Lighthouse Point, FL 33064**. The office sits on US-1 between Sample Road and Copans Road, which puts much of north Broward within a short drive.

How to find the building

- **Look for State Farm.** Their office is on the front of the building, facing Federal Highway. McNamara Chiropractic Center is in the same building.
- **Use Publix as a landmark.** The office is directly opposite the Publix. If you reach Publix, you are across the street.
- **Park for free.** Parking is on-site, in front of the building. There is no garage, no meters and no permit.
- **Walk around to the side.** The entrance is on the side of the building, not the front door you see from Federal Highway.

Before you arrive

New patient forms are available online, and completing them ahead of time can make check-in quicker. No referral is needed to see a chiropractor; you can call **(954) 902-6371** directly to schedule an evaluation. If you have been in a car accident, mention that when you call; Florida PIP is accepted, and Florida law generally requires seeking care within 14 days of the accident to protect PIP benefits.

It also helps to bring a list of medications, any recent imaging reports, and a short note about when your symptoms started and what makes them better or worse.

What happens at the first appointment

Your first visit with Dr. Carol McNamara-Krauss, DC begins with a thorough consultation. She will ask about your symptoms, your health history, your work and your activities. Then she performs an examination to identify what is most likely causing the problem.

Afterward, she explains her findings in clear language. If she believes chiropractic care can help, she outlines a personalized plan and explains why she recommends it. If she thinks another provider should be involved, she will tell you honestly. The goal is for you to understand your situation before you commit to anything.

Services available at the office

Depending on your needs, a plan at McNamara Chiropractic Center, a chiropractor serving Pompano Beach and Lighthouse Point, may include chiropractic adjustments, Antalgic-Trac® spinal decompression, the Knee Restoration Program with Knee-on-Trac®, the Shoulder Restoration Program, the Sports Injury Recovery Program, auto accident injury care, Class IV laser therapy, shockwave therapy, therapeutic ultrasound, massage

therapy with Dawn Marie Teufel, LMT, the Knot Relief Program, and Foot Levelers custom orthotics fitted from a 3D foot scan.

Conditions commonly evaluated

The practice evaluates back pain, neck pain, sciatica, disc herniation, knee pain, shoulder pain, plantar fasciitis, sports injuries and auto-accident injuries, using non-surgical, drug-free approaches.

Neighborhoods nearby

Because of its central location, the office is convenient for residents of Lighthouse Point neighborhoods such as Coral Key, Harbor Village, Lighthouse Point Estates and Venetian Isles, as well as Pompano Beach, Deerfield Beach, Hillsboro Beach, Lauderdale-by-the-Sea, Coconut Creek and Coral Springs.

Ready to schedule?

Call (954) 902-6371 any weekday to book your first visit, or visit mcnamarachirocenter.com to learn more about McNamara Chiropractic Center.

This article is general chiropractor Deerfield Beach information and not medical advice.

McNamara Chiropractic Center
3320 N Federal Hwy, Lighthouse Point, FL 33064
Phone: (954) 902-6371
https://mcnamarachirocenter.com/

Looking for non-surgical back, neck or joint pain care in Lighthouse Point? McNamara Chiropractic Center is at 3320 N Federal Hwy, Lighthouse Point, FL 33064, on US-1 across from Publix. Call (954) 902-6371 to ask about an evaluation. This content is general information, not medical advice.