

THE **TOP 12** QUESTIONS

ABOUT CHIROPRACTIC CARE

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TO SEE OR NOT TO SEE THE CHIROPRACTOR?

Why should I see a chiropractor?

Chiropractic care provides relief from musculoskeletal or nerve pain. This is especially true for neck pain and low back pain. No other health care profession has better results than chiropractic treatment for cervical or lumbar spine pain.

Many patients seek chiropractic care for symptoms such as:

- Chronic Pain**
- Fatigue**
- Lack Of Energy**
- Digestive Problems**
- Muscle Aches**
- Numbness**
- Tingling**

All of these issues can be addressed with chiropractic care.

DID YOU KNOW?

All people should see a chiropractor regardless if they are in pain or not for spinal check ups and wellness care.

Chiropractors can make sure your spine is moving correctly and in proper alignment so your nervous system can function optimally. More and more people are seeking chiropractic care to correct poor posture.

What are some signs that I should see a chiropractor?

Y N

- Headaches
- Joint/Muscle Pain
- Routinely sit for long periods of time
- Chronic back pain
- Overly stressed or tired

Y N

- Your shoe soles wear out differently
- Limited range of motion
- You were involved in a recent accident
- Sharp, shooting pain in your legs
- You're an active person
- You want a more health-conscious life

When should I NOT see a chiropractor?


- Fractures of bones** or full thickness **tears of tendons** should go to orthopedists instead of chiropractor.
- If you have **bone cancer** or **metastatic cancer** you should go to an oncologist instead of a chiropractor.



Should I apply heat or ice to an injury?

Treating pain with hot and cold can be extremely effective for a number of different conditions and injuries, and easily affordable. The tricky part is knowing what situations call for hot, and which calls for cold. Sometimes a single treatment will even include both.

As a general rule of thumb...

 Use ice for **acute injuries or pain**, along with **inflammation** and **swelling**.

 Use heat for **muscle pain or stiffness**.

What causes a popping sound during an adjustment?



Most patients experience a popping or cracking sound during spinal manipulation. This is **not dangerous**, and it typically does not cause discomfort for patients.

This sound occurs because gas and fluids are moving through your spine. Your body depends on fluids to lubricate the bones between each section of your spinal joints, so it's normal to have this fluid in your skeletal system.

Is prenatal chiropractic care safe?

Chiropractic care is generally safe during pregnancy, but it's a good idea to double check with your OB/GYN before scheduling an appointment. Many patients find that chiropractic treatments help alleviate the aches commonly associated with pregnancy.



It has been shown that labor time is reduced for those patients that receive prenatal chiropractic care. Since pregnant women can't take medication while pregnant, chiropractic is a safe and effective way to naturally reduce pain.

Can my body become addicted to chiropractic care?

Many people fear that spinal manipulation is a habit-forming treatment. However, evidence does not indicate that our bodies become addicted to spinal manipulation.

If you discontinue chiropractic care, your spine may return to its original state. This is not the result of treatment dependency, though. Your spine typically becomes misaligned again if you do not change your lifestyle after you discontinue chiropractic care.



Should I...?

Crack my knuckles?

Pop my own back?

Adjust my own neck?



Cracking knuckles or popping your mid back is not going to harm you. However, adjusting your neck or low back can lead to hypermobility in the ligaments around the vertebrae which can lead to disc herniations.

The chiropractic adjustment is specific and in the correct line of drive which prevents excess mobility. You can not adjust/crack your neck and low back in the right line of drive on your own.

What causes my back to go out of alignment?

The demands of modern life trigger many spinal issues, and it's difficult to avoid every potentially damaging activity. Some of our patients visit us after pulling a muscle while vacuuming or mopping. You can also damage your spine by sleeping on the wrong type of mattress or pillow. Every patient develops symptoms for different reasons, but common culprits include:

-  **Automobile accidents**
-  **Work-related injuries**
-  **Fall-related injuries**
-  **Heavy lifting**
-  **Emotional Stress**
-  **Pregnancy / other medical conditions**
-  **Frequent use of electronic devices**
-  **Poor posture**
-  **Sleeping wrong**
-  **Obesity**
-  **Physical activities including:**
 - Yard work
 - Sports
 - Exercise routines

THE BIG 3

WAYS WE GET OUT OF ALIGNMENT

1 TRAUMA

2 POOR STATIC POSTURE

3 REPETITIVE STRESS

What conditions should a chiropractor NOT treat?

Broken bones

Bone tumors

Severe arthritis

High blood pressure

Infections



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HOW TO FIND A GREAT CHIROPRACTOR

How do I choose a good chiropractor for me?



Referrals

Ask around to your friends, relatives, athletic trainers, or gym buddies who they recommend. It's always great to get a referral from a source you know and trust!



Credentials

Always research the credentials of the practitioner you're considering. Licensure is one of the most important factors to consider when you are choosing a chiropractor, because it tells you that they have the necessary training, skills and experience to provide chiropractic care.



Experience

Also consider the experience of the chiropractor. How many patients with your specific condition have they treated? Not sure? Just ask!



Comfort Level

It's important to feel comfortable with your chiropractor because you will need to openly discuss personal information.

Chiropractors are skilled in caring for each patient as an individual. Ask the chiropractor about his or her recent training and experience specifically related to your condition.



Services & Treatments

Does the chiropractor offer the telehealth services and treatments you're looking for?



Reviews

Have you looked online for real patient reviews? How recent are the reviews?



Awards

What awards have they won? Does it appear that they're continuing to grow in their field and knowledge base or have remained stagnant?



Insurance

Before you select a chiropractor, you need to know what your insurance covers, what it doesn't cover and how that compares with the care you need and your own budget.

DID YOU KNOW?

You can find the chiropractor's medical school, training hospital, certifications, and malpractice and disciplinary history on state websites and Healthgrades.com.

You'll want to confirm that the chiropractor has no history of malpractice claims or disciplinary actions.



Are there unexpected benefits from chiropractic care?

Improved Immune Function

A healthy immune system keeps viral and bacterial infections at bay. Your nervous system regulates cell functions, but even the slightest misalignment can interrupt the process, and this has a ripple effect on your immune system's ability to fight off viruses. Chiropractic care restores function to your nerves to ensure your cells are operating the way they ought to.

More Energy

When your body is sore, joints and muscles tense up, resulting in inflammation. This tension and pain gets in the way of your well-being. But with chiropractic care, joint and muscle discomfort is reduced, and you experience a vitality boost.

Improved Digestion

The nerves running through your spine control your stomach functions. If the vertebrae are misaligned, your nerves may signal for more acid. This leads to acid reflux, gas, and heartburn. With chiropractic care, the nerves in your thoracic spine are affected, which may ease stomach issues.

Easier Breathing

The lungs rely on nerve function to work the way they're supposed to. When there is a misalignment in your cervical and thoracic spinal regions, it may result in lung problems. Chiropractic correction of these issues can help reduce lung inflammation and help you breathe easier. If you have scoliosis or postural issues, this can also alter your breathing. Chiropractic care can help treat scoliosis and improve your posture - which results in better and easier breathing.

Better Balance

As we get older, balance can become a problem. While activities like tai-chi and regular exercise can help keep the core and legs strong, chiropractic care can also help improve your balance.

Healthier Pregnancies

It's been reported that chiropractic care may assist in healthier pregnancies and easier deliveries. Your body goes through momentous changes during pregnancy which impact the nervous system. Weight increases in the body's core and ligaments in the pelvis loosen, placing increased pressure on your spine. Regular chiropractic sessions can ensure both a healthier mother and baby.

Splendid Sleep

Pain and tension from a misaligned spine can result in sleepless nights. Chiropractic care can ease the pain and tension, aid relaxation and ensure you enjoy a far more peaceful slumber.

Improved Range of Motion

Regular chiropractic care provides an improved range of motion, helping you to move easier and get through your daily activities with less effort.

Will I benefit from chiropractic care?

To answer that question, simply consult with a chiropractor! Chiropractors are the best professionals to talk to if you want to know whether your condition can benefit from chiropractic care. A simple consultation in which you detail your symptoms and medical history along with imaging tests to check for physical abnormalities can help a chiropractor determine if you should seek care from them.

