

WHAT TO EXPECT: PRE-VISIT

OVERVIEW: Chiropractic is a health care profession based primarily upon the interactions of the spine and nervous system as well as the effects of musculoskeletal disorders on general health. Because all nerves exit as pairs at each of the levels of the spine, chiropractic has an incredible impact on performance and vitality. Chiropractors are trained to give your body the attention and care it needs.

COSTS: Total back care costs have been found to be lower for patients who received treatment (either initially or during the course of their care) from chiropractors. Chiropractic care for acute conditions is covered by most health care plans. Patients often have a co-pay at the time of the visit.



Q What's going to happen during my first visit?

The main point of the first visit is to get an adequate examination and make a diagnosis. You will be asked what specific problems you have been encountering and about the nature of your pain. Your chiropractor will then examine you, which may involve a few tests, such as an X-ray, to see what is going on in your body or an evaluation of your current health status.

Once you have been diagnosed, the chiropractor will develop a personalized treatment plan. The plan may include how many treatments you need to return to a proper alignment and what other procedures might occur. Depending on what is causing your pain and the severity of the issue, you may receive treatment the same day. Adjustments and treatments may be scheduled for another time, depending on your treatment plan.

Q Will it hurt?

Techniques emphasize using minimal force and gentle pressure. A chiropractic adjustment is a highly controlled procedure that rarely causes discomfort. Many patients report a popping sound during their adjustment. The popping noises sometimes heard are tiny pockets of gas releasing from your joints, which is completely normal.

Q What can I do?

It is important to try to be as relaxed as possible and allow your chiropractor freedom to make the adjustments. Patients who are tense or who stiffen every time the chiropractor attempts the adjustment makes it hard for the chiropractor to work in the needed area.

Your chiropractor will be happy to talk you through any adjustments to ease any anxiety you may have. Remaining relaxed will pay off, as almost all patients find great relief when normal flexibility is returned to the affected vertebrae.

ASK *your* CHIROPRACTOR

Your chiropractor is your partner in getting you on the road to recovery. So, don't be afraid to ask questions. Asking questions will help you become more acquainted with your chiropractor and chiropractic health in general. Ask your chiropractor any and every question you may have.

- **How long have you been practicing chiropractic?**
- **What are your qualifications?**
- **Do you commonly treat my condition?**
- **What type of diagnostic testing is needed?**
- **Will I need care from other health care professionals?**
- **What are the side effects and possible complications of the process, if any?**
- **What type of patient education do you provide?**
- **How long will it take to get well?**