

Anticipated Questions You May Have About Chiropractic

Why is more than one treatment necessary to help me with my condition?

- Chiropractic works similar to stretching a tightened muscle. When you stretch a muscle just one time, your muscle will lengthen and relax afterwards, but will soon return back to the original length. But after a series of stretches over a short duration of time, your muscles will become more flexible and you can bend or stretch farther than before (and have increased mobility).
- Chiropractic treatments work in a similar way. Your first treatment will allow for an immediate release of the “pressure feeling” and give your joints flexibility. But similar to stretching, your body will soon return back to its “original” (incorrect) position, since it may have been that way for a while. After a few chiropractic treatments in a close together time frame, your body will begin to respond by allowing your joints to move more freely, reducing inflammation.

How long and how many treatments will it take to help me with my condition?

- This will be determined by exam findings, the condition that you were in when you came to the clinic, and how you quickly you are responding to treatments. Most patients will show improvement with symptoms within the first 1-3 adjustments (reduction in intensity, duration, and frequency of symptoms). Remember, it didn’t take your joints 1 day to get the way they are, and it will take time to get them back to functioning better.

Are there more than one chiropractic adjusting styles?

- There are several different chiropractic techniques to get you back to better health, and we are familiar with several different types of treatments. Whatever the technique is being used, the purpose still remains the same (to increase joint flexibility, decrease pain, and reduce inflammation).
 - Diversified- Uses only the chiropractor’s hands to perform the adjustment
 - Activator- Instrument used to deliver a precise, low force adjustment
 - Thompson drop- Uses gravity and the table directly for the adjustment (no twisting motions delivered to the patient)
 - Gonstead knee chest (uses a bench for the adjustment and no twisting motions. Ideal for pregnant woman, larger patients and conditions involving disc bulges)
- The doctor will decide which technique will be most appropriate after a thorough history and exam have been completed. If for some reason you decide that there was something you did not like with your treatment, please discuss this with the doctor and a different technique can be used. Remember, all of the

techniques are designed for the same purpose (to increase joint flexibility, decrease pain, and reduce inflammation)

How will I feel after my first treatment?

- Most patients report having more movement and less pain after the first treatment. Patients may also feel some soreness after the first adjustment (similar to exercising or stretching for the first time). This occurs because restricted joints moved in response to the adjustment, and your body is adapting to this new movement.

Should chiropractic care take the place of my medical treatment?

- No! Chiropractic care is intended to treat conditions involving muscles, joints and nerves. Chiropractic care is never intended to replace medical care, but is intended to supplement medical care. Each health care specialty has its place and purpose. All physicians (medical and chiropractic) should always have your best interest in mind and be working to help you get back to better health.

What is the sound when the adjustment is made?

- The “popping” sound occurs because there are small amounts of gas in-between your joints that get released when an adjustment is made. A misconception is that if this noise is not heard, then the adjustment has not occurred. The purpose of the adjustment is to create motion in certain areas of the body, and there is not always a sound that occurs when the adjustment is made (especially with certain techniques such as Activator). As long as there is motion in the area that the adjustment is made, then the adjustment was successfully delivered.

What should I do AFTER my first adjustment?

- This will vary from person to person. Ice is recommended if you have any soreness after the treatment (approximately 15 minutes once or twice the day of your adjustment).

What is maintenance care (monthly or bi-monthly visits) and why is this important?

- When patients come to the clinic they are often times in pain or have some type of symptom. After chiropractic has helped with their condition, then maintenance care is recommended. Similar to your car, your body is like a complex machine, and maintenance on your car is recommended (oil changes, tire rotations, alignments, etc.). Your body is subjected to stress throughout the day (poor posture, hours sitting at work, improper sleeping, standing for long durations of time, extended time on the computer, etc.) and as a result, the joints in your body will become tight and restricted. Maintenance care helps to

keep you feeling your best by not allowing your body to get so out of alignment. This wellness can be achieved with monthly or as needed visits. Think about the work your car would need if you drove 20,000 miles on bumpy dusty roads and never changed the oil, never rotated the tires, never went for an alignment. Your car would be a wreck and need a lot of attention! You wouldn't do that to your car, don't do it to your body.

Is there anything that I can do at home to help with my progress to care?

- Yes! We will give you exercises based on your exam findings that will help your progress. The exercises will usually be given after a few treatments with chiropractic care because you will respond better to the exercises after the joints are moving better.
- Exercises help by stretching tight muscles that can compress joints, strengthen weak muscles, and increase general mobility of the spine.

What are the goals for the treatment?

- Chiropractic is intended to decrease pain and symptoms, increase range of motion, and to improve quality of life. Every patient is different and it is important to ask questions about your care, or any other concerns you may have. We are here to help!

Does it matter if therapy (E-stim or ultrasound) is done before or after the chiropractic adjustment?

- Therapy is basically anything that is performed in addition to the chiropractic adjustment and meant to reduce muscle tension, decrease pain, or reduce any swelling. There are different forms of therapy offered at the clinic, and sometimes will be performed before the adjustment and sometimes after the adjustment. Most of the time it does not matter when the therapy is performed (before or after the chiropractic adjustment).

Mission statement:

At Stow Chiropractic Health Center, we strive to improve the quality of life of our patients so that they can get back to doing the things they love to do, and we accomplish our goal by providing natural, safe and effective treatment called chiropractic care.

Thank you for choosing Stow Chiropractic Health Center for your chiropractic care! We look forward to helping you work toward your health goals as you begin chiropractic care with us.