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1st Visit



What information should I bring to my first visit?

If you have already had test (such as x-rays) regarding our problem, bring them and any reports to the doctor's office. Be prepared to discuss: when the problem started, how it started, how long you have had the problem, what makes it worse or better, treatments you have tried so far and how well they worked and any other information you believe to be relevant. Bring notes regarding comments or questions you want to ask the doctor. If your health insurance company requires a referral before beginning

1st Visit

Chiropractic care has proven to be a safe, natural, drugless way to good health for millions of people around the world.

WELCOME

You are joining many of your neighbors who have chosen the natural, drugless, chiropractic approach to good health. Chiropractic is the health care of the 21st century; it is an exciting new world of healing and health optimization.

People see their Doctor of Chiropractic for many different reasons. To some, chiropractic is a system of healing musculoskeletal problems- back, neck, disc, arm, shoulder, leg, hip, joint, nerve and muscle pain or discomfort.

Others use chiropractic as a natural system of healing from diseases or conditions including: headaches; fatigue; high blood pressure; skin conditions; PMS; menstrual cramps; arthritis; asthma; sinus trouble; digestive problems; nervous stress; emotional disorders; fevers; bed-wetting; colic; and ear, eye, nose and throat problems without drugs and surgery.

Others use chiropractic as a method of keeping their health at its peak: for better sports performance, higher resistance to disease, clearer thinking, a more comfortable pregnancy and more energy. For whatever reason you are here, we say "Welcome."

What Can Chiropractic Do for Me?

Our goal in this office is to turn your health around by relieving you of a serious form of spine and nerve damage called the vertebral subluxation complex (also called a "subluxation"). Subluxations affect your internal organs, including your brain. The effects can be immediate or they may take time- it depends on many factors-age, diet, lifestyle and regularity of care.

What Happens if I have an Unhealthy Spine?

An unhealthy spine is characterized by bad posture, tight and tense muscles, "pinched" nerves, bone and disc degeneration, lowered resistance to disease, fatigue and overall body malfunction. This state is also called dis-ease, meaning "general lowered health." When a person has a dis-ease, they can fall prey to all kinds of diseases and health conditions.

To make things more complicated, subluxations may be painless; you may have many in your spine for years before you begin to feel their destructive effects.

A Unique Approach

What makes a chiropractic unique is its vitalist approach to health. By that we mean that we don't want you to wait for a "condition" or problem to arise before you address your health. We want you to correct subtle body malfunction (dis-ease) caused by subluxations

treatment, please obtain one and bring it with you. Bring your insurance card and know the amount of your deductible or co-pay.

now, while you still feel relatively good and have the energy to self-heal. If you wait until your body has massive subluxation degeneration (spinal degeneration) it may be too late for complete recovery.

What Can I Expect?

Chiropractic care is divided into two parts- spinal analysis and spinal adjustment (or correction).

First we will analyze your spine using various tools-our hands, X-ray, heat-reading devices, muscle testing and/or other tools to determine where there is a subluxation in your spine. When we have located the precise area of your subluxation, we will then do a procedure to correct or eliminate the subluxation. This is the second part of your care and it is called a chiropractic spinal adjustment. It is a gentle re-alignment of your spinal column, a re-balancing of your body and a release of deep stress

Chiropractors spend many years perfecting various spinal adjusting procedures and we'd be happy to answer your questions about how we do what we do.

Three Phases of Chiropractic Care

As you begin chiropractic care you will start at the first of the following three phases:

Intensive Care Phase

In this phase your spine is out of balance and not holding its adjustment. Please cooperate in keeping your appointments and modifying your lifestyle in ways that will help you get out of the intensive care phase quickly.

Reconstructive Phase

Your spine is beginning to stabilize and hold its adjustments for longer periods. In this phase our objective is to monitor your spine as it strengthens. Many of your symptoms and complaints may have disappeared or decreased in this phase. It is critical however that you continue your visits even if you are feeling better.

Health Enhancement Phase

In this phase your spine is now holding its adjustment and has become reasonably stable. It is handling stress well. Regular care not only keeps you subluxation-free, but studies reveal that the more you visit your chiropractor, the healthier your physical and emotional health and the less stress and more enjoyment you get out of life.

In Conclusion

Chiropractic care has proven to be a safe, natural, drugless way to good health for millions of people around the world. Please remember that your doctor of chiropractic's purpose is the removal of the vertebral subluxation complex- to awaken your body's inner healer.

Please pass on this chiropractic message to friends so they may come in for a spinal checkup. IT could make the difference between health and disease. They'll never know until they get their spines checked

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