

1. What is done on the first office visit?

On your initial office visit, the chiropractor examines your entire spine. The doctor looks for MISPLACED spinal bones called subluxations. These subluxations are spinal bones, which are fixed/placed out of their normal position.

2. Are subluxations common?

A recent study done at Syracuse Memorial Hospital found that 95% of those people examined (ages 1 year to 100 years) had one OR MORE areas of spinal distortion which can lead subluxation.

Subluxations are EXTREMELY common.

3. How can a subluxation affect me?

Subluxations HARM the Nervous System.

The Nervous System supplies energy to the ENTIRE BODY. Therefore:

a) Subluxations REDUCE nerve energy flow to ANY organ, gland, muscle or body part. This WEAKENS that area.

b) The WEAKENED part then functions improperly. The area may break down and some tissue cells may die.

c) Subluxations may erode your health both physically and mentally.

4. Is it possible that I can have pressure on nerves in my spine which can be affecting my health, and that I might not even know about it or feel a thing?

EXACTLY!! An increasing amount of SCIENTIFIC testing and other evidence is confirming it every day.

Research at Colorado University has shown:

a) Subluxations reduce nerve energy flow to 40% with minimal pressure. b) 80-85% of the nerve pressures due to subluxation are PAINLESS.

Chiropractic 101 Page 2

5. So, do chiropractors cure everything?

NO. Chiropractors cure absolutely NOTHING. Chiropractors have a profound respect for Nature as the ultimate doctor. Your body has a remarkable ability to heal and repair itself. In order to work properly, a full nerve flow is vital.

When subluxations reduce nerve energy flow, the following things may happen:

a) Your healing and repairing ability is REDUCED. b) You become more easily TIRED...and irritated. c) Your body resistance is LOWERED.

d) Your environment more easily OVERCOMES you.

Chiropractors do not add healing ability to the body. They correct the SUBLUXATIONS which block its expression. When subluxations are corrected, all of the NATURAL DEFENSES of the body are better able to work.

6. Do chiropractors believe in medical doctors, drugs and surgery?

Chiropractors recognize a need for ALL of those services. However, a body with a good nerve energy flow will need drugs and surgery less often than a body with subluxations which block nerve energy flow.

7. How long will it take to correct my subluxations?

The time that it takes to CORRECT subluxations...and the time Nature needs to REPAIR damages to the body varies from one person to the next.

However, a proper CORRECTIVE PROGRAM generally requires several visits each week initially for several weeks in order to RE- TRAIN the vertebrae to stay in position.

S. Can I help the chiropractor locate my subluxations by telling him/her WHAT HURTS, and what DOES NOT HURT?

NO. The only reliable method of locating subluxations is to examine the spine by hand. This is the job of your chiropractor.

Symptoms -as pain-are not reliable. The Colorado Research Study showed that 80-85% of the time subluxations produce NO SYMPTOMS. This leads to the common misconception that we are healthy when we are free of pain.

WHAT TO EXPECT FROM A CHIROPRACTIC ADJUSTMENT

Straight chiropractic is the most natural approach to maintain and regain health because it relies solely on the body's own innate intelligence or self-regulation.

The only purpose of the chiropractic adjustment is to remove nerve interference by mechanically correcting spinal misalignments called SUBLUXATIONS (spinal bones out of place interfering with nerve function).

Relief of symptoms, elimination of disease, increased mobility, less fatigue, more activity, a generalized improvement of health and resistance are not the direct goals of the adjustment. If and when they occur, it is because the body is working better because nerve interference is removed.

How long does it take to correct subluxations and remove nerve interference?

The time frame and extent of correction is dependent upon the following.

- 1) Patient's cooperation and follow through, following the chiropractor's advice.
- 2) Patient's age and physical condition.
- 3) Duration of the subluxations and condition of spine (injuries, quality of bones, etc.).
- 4) Life style...diet, exercise, rest and mental attitude (amount of stress and outlook).
- 5) Physical restrictions and genetic limitations.

How should the adjustment feel?

An adjustment is a gentle physical procedure applied to the spinal segments for the purpose of mobilizing an immobile or fixated spinal bone (vertebra), or realigning a vertebra that is out of position. The following sensations are common and may be experienced:

- 1) A popping sound...which represents a release of ligaments and/or the dispersing of nitrogen gas bubbles normally present in the joint fluid. This noise IS NOT bone grinding against bone; no two bones ever touch each other, they are separated by plastic-like cartilage and an oil-like joint fluid.
- 2) Perspiration, palpitations, or a warming sensation...a normal reaction of the sympathetic nervous system which is stimulated during the adjustment. It may also be the result of anxiousness by the new patient.
- 3) Some soreness or mild discomfort...this is normally present in 40% of all cases and lasts 6 to 48 hours. It becomes less common after the first few adjustments and is attributed to the release of adhesions, tenseness and resistance of patient, and joint tightness or fixation (immobilization) due to chronic subluxations.

4) Muscle aches and pains...this is especially evident in patients who respond very well to chiropractic care and may occur frequently early in care. It is due to ligamentous and muscular stretching and can last from a half-day to a week; it is common only during the first few adjustments (a good sign).

5) Early or heavy menstruation...this is an often response. Many female patients who are not regular or otherwise have menstrual problems have utilized chiropractic for this reason.

6) Flu or cold-like reactions...at times, when the body's defense mechanism is not functioning at par due to nerve interference (subJuxations), and when suddenly, due to the adjustment, the body's resistance is elevated, a normal reaction to pre-existing bacterial or viral invaders is initiated.

7) Other reactions...a shifting of pains from one side to the other, occasional headaches, a substitution of symptoms and an aggravation of symptoms are common reactions to the positive changes which are taking place within your body. When you try to move a joint which has been in a cast for several months, there is discomfort; when you realign the teeth in orthodontia, there, is a discomfort; when you exercise a previously injured muscle or joint, there is discomfort; when you try to eat after dental care, there is discomfort. Chiropractic is no different-you have to be willing to give a little in order to gain a lot!

What you should do if you have a normal reaction:

1) Tell us.

2) Rest after each adjustment for an hour or more, if possible. If you have to go to work, stay away from physical activity for an hour or more-we will be happy to give you a light duty note for work, if requested.

3) Ask us if you should be doing the exercises, or sports you are doing. There may be a need to alter your life style temporarily.

We want you to get the most possible out of chiropractic...so let's work together!.