

Frequently Asked Questions



www.joneschiropractic.biz

Why should I see a Chiropractor?

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Why should I see a chiropractor?

- Are you suffering from lower back pain? Or, do your headaches never seem to go away?
- Have you been injured in a car accident and are having trouble dealing with the pain?
- Are you active in sports, but after the game have stiff joints and shooting pains?
- Are you pregnant with an aching back?
- Are you in your Golden years and having trouble enjoying retirement because those aches and pains are getting in the way?
- Are you concerned with the health of your whole body, and are looking for a different approach to health care?
- Are you concerned with your child's long term well being and growth?
- Are you suffering from Sciatica? (sharp pain in the buttock that travels down the back of the thigh and leg)
- Are you suffering from Shoulder, Elbow and Wrist pain? (Carpal Tunnel Syndrome)
- Are you suffering from Hip, Knee and Foot Pain?
- Are you suffering from Neck and Arm Pain?

Are you suffering from numbness and tingliness in your arms/fingers or legs/toes? If you answered yes to any of these questions, you should call and schedule a free consultation with us. (209) 383-6473

What will a Chiropractic Doctor Do on my First Visit?

On your first visit to the doctor's office, your Chiropractor will:

- Review your health history
- Learn important information about any surgeries, major illnesses or events in your past that could contribute to your current health problem
- Conduct a thorough neurological, orthopedic, and chiropractic examination
- Perform essential diagnostic physical tests, such as reflexes and muscle strength
- If necessary, take an appropriate x-ray

What is an adjustment?

The wear and tear of everyday life is hard on your spine. It can become misaligned and cause many health problems. This is because the nervous system runs through your spine and controls every function of your body. Chiropractic adjustments are highly skilled, gentle manipulations of your spine. Adjustments help your nervous system to function properly again which allows your whole body to regain and maintain its good health.

What causes these spinal problems?

These problems are known as subluxations and can initially occur during the birth process. As your body grows and matures, falls, sports activities, accidents, bad posture or simply the stresses and strains of daily life can cause additional spinal problems to occur or can further irritate those that already exist. If left uncorrected, subluxations lead to conditions such as colic in infants, headaches, back pain, and generally poor health in adults.

What is it like to be adjusted?

Patients feel comfortable and relaxed while being adjusted. There are many adjustment techniques that chiropractor may use to best treat your condition.

When should I be adjusted?

If you're experiencing back pain, headaches or any other pain or health problem, you should see your chiropractor immediately. Once your spinal problems have been corrected with adjustments and exercise, it's easy to maintain a healthy spine. Having periodic adjustments, even when you're feeling ok, is the best way to keep your spine in great shape. You might be surprised at how healthy you become, even if you thought you were fine before!

How does a Chiropractor treat low back pain?

First of all, if it makes life more difficult for you, that's serious in itself. Even if it goes away in a few days you haven't really gotten rid of the problem. It will most likely return and if left untreated, could be more debilitating the next time. Which is why we recommend seeing a chiropractor at the first sign of back pain. Lower back pain can also be accompanied by a variety of symptoms, some of which indicate very serious problems. Do you currently have or ever had:

- Leg pain with numbness, tingling and/or weakness?
- Back or leg pain with coughing or sneezing?
- Difficulty standing up after sitting for any period of time?
- Morning stiffness?
- Pain after extended walking?
- Pain in hip, buttock, thigh, knee or foot?

If you've answered "yes" to any of these symptoms, its time you got help from a doctor. A doctor of chiropractic.

What will the chiropractor do?

Your chiropractor will use highly specialized techniques (called adjustments) to correct spinal problems and offer long term relief. Your first visit will include neurological, orthopedic and chiropractic examinations, and if necessary, an x-ray may be recommended to assist in diagnosing your problem. Once your chiropractor fully understands your condition she will give you a complete explanation of your test and x-ray results along with an effective plan of treatment. Next Step? Relief.

How does it work?

Through chiropractic adjustments your body is given the opportunity to heal itself. That's because once the spine is properly aligned your entire nervous system can work the way it was intended. Health is restored naturally to your lower back and your whole body.

But long-term relief from back pain is a team effort. There's plenty you can do as well. Consider a healthier lifestyle, moderate exercise, a well-balanced diet and improving your posture. Your chiropractor will do the rest by providing your body with the necessary adjustments to help your spine be healthier and stay healthier.

How does a Chiropractor treat headaches and neck pain?

It will help to understand what causes most headaches. Your spine protects your nervous system which starts with the brain and becomes the spinal cord. When the vertebrae in your neck is unable to move properly, it irritates or puts pressure on the nerves in that area. That can cause headaches. To correct this problem (which is called a subluxation) the chiropractor gently adjusts the vertebrae. Since most headaches are caused by subluxations, they will soon disappear.

Why would I have spinal problems in my neck?

There are many reasons. They can originally occur during the birth process, and as your body grows and matures. Also, falls, sports activities, car accidents, bad posture or simply the stresses of daily living can cause spinal problems. It is also very common for headache sufferers to experience neck pain and stiffness.

But my headaches are migraines?

Migraine headaches are usually severe and sharp, throbbing in nature, and generally affect one side of the head. Tension headaches tend to occur frequently, last a long time and are characterized by a dull, steady pain that feels like a band of pressure around the neck. But despite these differences they are closely related. Chiropractic care has been proven to be extremely effective in treating migraine and tension headaches as well as neck pain and stiffness.

What will the chiropractor do to treat my headaches?

Your first visit will include a consultation, examination and possibly an x-ray to help diagnose your problem. Once your condition is fully understood, the chiropractor will explain your test and x-ray results and outline a treatment plan that is tailored to your needs. Your chiropractor will use highly skilled, gentle manipulations with the Pro Adjuster to adjust the spine.

Once my headache stops, does the chiropractic care end?

Your body continues to heal after the pain has gone. Continuing to have chiropractic adjustments, will help retrain your vertebrae to hold its healthy positions. Your nervous system will function more efficiently and your body will be better able to heal itself. In time, exercise, a healthy diet, and periodic visits to the chiropractor will help you stay healthy, pain free, and live life to the fullest.

How does a Chiropractor care for Seniors?

I'm not looking for the fountain of youth; I just want to be able to enjoy myself again.

You've worked hard all your life to enjoy your golden years, but now those aches and pains are getting in your way. Relax, there's good news. Chiropractors are expertly trained to locate the problem and offer treatment and relief.

I never had these problems when I was younger, why now?

Your spine, like the rest of your body, has had its fair share of ups and downs during your lifetime and if not cared for appropriately, it may degenerate over time. The result of this living stress can be a spine that is out of alignment causing joint stiffness and impairment to your spinal health, leading to pain and disability. The good news is that chiropractic treatments can help relieve these conditions and restore spinal health. The end result? You're maintaining your good health so you can fully enjoy your retirement years.

After so long, what will help me?

Chiropractors are doctors with over eight years of university level education in the science and art of hands-on healing. They are doctors who use treatments that are proven to be the safest and most effective in relieving back pain according to the Manga Report (a milestone study by the Ontario Ministry of Health). Call us today and get relief from those nagging aches and pains. (209) 383-6473

How does a Chiropractor care for women during pregnancy?

Why is my back aching all the time these days?

There are few things in life that put more stress on your spine than pregnancy. Your spine must adapt to posture and weight changes with each passing month and commonly the uncomfortable result is lower back pain. Many women have come to accept that back pain accompanies pregnancy and menstrual cycles, but it shouldn't have to. Your body was made to compensate and adapt naturally to pregnancy and if you are experiencing aches and pains, something else is wrong and needs to be addressed. Not just for you, but for your developing and growing child as well.

What can a chiropractor do?

Chiropractors are specially trained to locate and correct the problem that is causing your back pain. Many women find that labor is shorter and more comfortable after having received chiropractic care during pregnancy.

I want to go to a chiropractor but I'm afraid I won't be comfortable during treatments.

Chiropractors have special techniques and equipment that will make you comfortable no matter what your stage of pregnancy. You'll be relaxed and best of all, you'll say good bye to that aching back.

Chiropractors can help.

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How do I get the most out of my Chiropractic care?

To be the healthiest you can be, you and the chiropractor must work as a team.

I thought a chiropractor would cure me with spinal adjustments. Is there more to it than that?

A chiropractor adjusts your spine to reduce the problem areas called subluxations, which cause so many health conditions. When your spine is correctly aligned, it allows your nervous system to function properly, and your body can heal itself. Spinal adjustments give your body the opportunity to heal.

What can I do?

Here's a list to keep on the fridge:

- Healing takes place during sleep. You must get a good night's sleep, and rest when you're really tired.
- Healing takes energy, the kind that comes from proper nutrition. You may need nutritional supplements, which the chiropractor may prescribe, but you definitely need good, wholesome food, eaten calmly and regularly. Avoid foods that are preserved, packaged, or unnatural. Read labels and avoid those that contain chemicals, as well as fatty, salty, or sugary junk foods and excessive amounts of tea, coffee, soda, or alcohol. Learn to appreciate the taste of foods and drinks that are as close to their natural state as possible such as spring water, juices, fresh fruits and vegetables.
- Your body was designed to move. Healing requires strong and supple muscles, and a heart and lungs that can send vital nutrients and oxygen to every single cell. Exercise - which is just another word for moving - is essential. The chiropractor will recommend stretches and exercises to complement your treatment, but good health requires a permanent commitment to making your body move.
- Laugh. Research has shown that a key to living long is to live happy. Attitude is a huge importance, and the best attitude comes from living with joy in your heart. Surround yourself with family, friends, books and music. Treasure
- Lighten your load. A body in pain, a sick body, may well be a body overcome by tension. Give yourself time to think, time to reflect, time to heal. Remember, in your struggle to achieve a better tomorrow, today is all you really have.
- Write about it. Keeping a daily journal makes you stop and think. It can help you to understand yourself better and to grow, and that encourages healthy healing.
- Listen to your body. Illness is a normal response a healthy body makes to an unhealthy situation. It's a signal that something in your life needs to be changed.
- Be patient. Keep your chiropractic appointments. Each adjustment builds on the previous one, so it is essential to maintain the schedule the chiropractor prescribes for you.

Why should I continue to receive Chiropractic care?

Regular chiropractic check-ups help maintain your good health.

If my symptoms are gone, why would I continue seeing the chiropractor?

Symptoms usually appear in the last phase of a health problem and are the first to disappear when you begin chiropractic care. However, the spinal problem, called a subluxation, that caused the symptoms does not go away as quickly. The chiropractor is trained to treat the cause of your problem, not just the symptoms. Before you received chiropractic care, your body had to compensate for poor spinal alignment. Your nervous system, which runs through your spine, could not function properly and this eventually contributed to your health problems. It's easy for the spine to fall into old patterns of misalignment and malfunction. That's why, at regular intervals, the chiropractor will re-evaluate your progress and will suggest options for continuing care, even if your symptoms are gone.

Won't my spine ever stay healthy without help from a chiropractor?

In time, with chiropractic adjustment, damaged connective tissues heal, and eventually these damaged areas will learn to hold the spine in a healthy position.

So when my spine is completely healthy does chiropractic care end?

That's up to you. Stress and tension from busy lifestyles, desk and computer work, too much driving, slips and falls, poor sleep patterns, and lack of exercise can recreate subluxations. Regular chiropractic check-ups can help deal with subluxations before they become serious, keeping your spine strong and healthy.

Is it necessary to go on seeing a chiropractor for life?

That all depends on your health goals. For many people, regular chiropractic adjustments are just part of a healthy lifestyle which includes adequate exercise, good nutrition, and a positive mental attitude. It's a combination you can't beat. Ask the chiropractor for more information about how to achieve optimal health. And start living your life to the fullest.

The Chiropractic Philosophy

The chiropractor uses highly specialized techniques which assist your spine, central nervous system, and body to heal itself naturally. Chiropractic care helps you return to optimum health by restoring and maintaining nerve and joint function. The end result? You are healthier and pain free, allowing you to live life to the fullest once again.

Chiropractic Myths dispelled

Chiropractic care is safe, comfortable, and benefits everyone - including children, the elderly and pregnant women.

I was told I should see a chiropractor, but I'm nervous about it. I mean, what exactly are chiropractors?

Chiropractors are doctors who practice the art of healing by adjusting, or manipulating, the spinal column. A healthy, well aligned spinal column moving with full range of motion allows the nervous system to perform properly, which is vital because it controls every function of your body. To be licensed, chiropractors must have completed three years of university followed by four years at a chiropractic college.

Does it hurt to get your spine adjusted?

Not at all. Chiropractic adjustments are comfortable and safe for the whole family, from infants to pregnant women and the elderly. For hundreds of thousands of people, visiting a chiropractor is just a routine like regular dental check-ups.

Do physicians recommend chiropractic care?

Most do, and many physicians are being treated by chiropractors themselves.

If I go to see a chiropractor, will I be expected to keep going?

That's entirely up to you. Some people only want to be treated for a specific pain or illness, and when the symptoms disappear they stop going. Others use chiropractic care to fully correct the underlying cause of the symptoms and to remain feeling really well. Like a car, your body has constant stress and wear, and it benefits from a 'tune-up'. However, which treatment approach you want is always your choice.

Doesn't it cost a fortune?

No. Many of the pain-killers and drugs you buy to treat pain and illness cost more than chiropractic care. Yet chiropractic care treats more than the symptoms of poor health, it treats the underlying cause. It also helps to restore and maintain good health - without using any drugs.

Maintaining a car costs about \$6,000 a year. Chiropractic care costs a fraction of that.

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What forms do I need to fill out prior to my first visit?

We have provided soft copies of both forms that must be filled out prior to receiving an exam from the doctor. You can print out this form at home, fill them out and bring them with you to your first visit. The forms will also be made available at the doctor's office as well if you are not able to print and fill them out prior to your first visit.