

What makes the sound during the adjustment?

Lubricating fluids separate the bones of each spinal joint. Some adjusting methods can produce a sound when the gas and fluids in the joint shift. It's much like opening a bottle of champagne or removing a suction cup. The sound is interesting, but isn't a guide to the quality or value of the adjustment.

Are all patients adjusted the same way?

No. Each patient's spine and care plan is unique. With 24 moving bones in the spine (that can each move in seven different directions!) we see a wide variety of spinal patterns. Each patient's care is custom tailored for their age, condition and health goals.

Can I adjust myself?

No. Some people can make their joints "pop" but that's not an adjustment! Worse, damage can occur by mobilizing a joint with weakened muscles and ligaments. Adjustments are specific and take years to master. Dr. Kelly and I adjust each other at least once per week to maintain optimal body performance.

Are chiropractic adjustments safe?

Yes. A New Zealand government study found that adjustments are "remarkably safe." By avoiding drugs and risky surgery, chiropractic care enjoys an excellent track record. A thorough exam can identify the rare person for whom chiropractic care might be unsuited. Adjustments are safer than taking an over-the-counter pain reliever.

Will adjustments make my spine too loose?

No. Only the spinal joints that are "locked up" receive adjustments. This allows weakened muscles and ligaments to stabilize and heal.

Why do newborns get adjustments?

Even today's "natural" childbirth methods can affect an infant's spine. Preliminary studies suggested that colic, unusual crying, poor appetite, ear infections or erratic sleeping habits can be signs of spinal distress. Pediatric adjustments are gentle. Knowing exactly where to adjust, the doctor applies no more pressure than you'd use to test the ripeness of a tomato.

Can I have chiropractic after back surgery?

Yes. Rest assured that we will avoid the surgically modified areas of your spine. Surgery often causes instability above or below the involved level. These areas will be the focus of your chiropractic care.

What if my policy doesn't cover chiropractic?

Your health affects everything you do and everyone you know. It is your most valuable possession. Yet, each of us is free to place a different value on our health. It's convenient when an insurance company or third party helps pay the bill. But be careful! Don't allow the profit motive of a huge corporation to make the decision for you. We have very affordable cash plans. Many of our patients even choose to pay the cash discount instead of using their insurance due to rising deductible plans or amount of coverage insurance actually "allows".

If you have questions we haven't answered here, please call. We know that the more you learn about chiropractic, the better it looks. It's safe. It's natural. And it works. It's a simple idea that has stood the test of time and helped millions enjoy relief and better health.

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Answers To The Questions Patients Ask About Chiropractic

How Long Do I Have To Go?

Does It Work?

Slipped Disc?

Pinched Nerve?

Quick Fix?

Children?

After Surgery?

Will Insurance Cover It?

What's an Adjustment?

Is It Scientific?

Is It Safe?

Relapse?

Cost?

