

Does It Work?

Chiropractic works because you are a self-healing, self-regulating organism controlled by your nervous system. Millions of instructions flow from your brain, down the spinal cord, and out to every organ and tissue. Signals sent back to the brain confirm if your body is working right. Improper motion or position of the moving bones of the spine called a "subluxation" can interfere with this vital exchange by irritating nerves and compromising the function of affected organs and tissues. Specific spinal adjustments can help improve mind/body communications. Health often returns with improved nervous system control of the body.

How long will I need chiropractic care?

The number of adjustments varies with each patient and their individual health goals. Many patients sense progress within a week or two of frequent visits. During these visits we customize a rehabilitation program that suits your needs. These programs can consist of stretches and strengthening exercises. We utilize gym balls, wobble boards, mini-trampolines, and tubing in most of our strengthening programs. Visits become less often as your spine stabilizes. In chronic cases, complete healing can take months or even years. After patients get the relief they want, many choose to continue with some type of periodic care. These patients show up for their visits feeling great. These visits can help support the final stages of healing and help detect and resolve new problems before they become serious. Our job is to offer the very best care and your job is to decide how much of it you want.

Do I have a pinched nerve?

A pinched nerve is rare. When the spinal bone moves out of position the resulting inflammation irritates, stretches, rubs or chafes a nerve. These "subluxations" distort the nerve messages sent between the brain and the body. This can produce unhealthy alterations to the organs and tissues connected by the affected nerves.

How do you get subluxations?

There are three basic causes of subluxations. Physical causes could include slips and falls, accidents, repetitive motions, improper lifting and bad posture. Emotions, such as stress, grief, anger and fear can cause subluxations. Chemical causes could include alcohol, drugs, pollution and poor diet.



How do I know if I have a subluxation?

You can have subluxations and not even know it. Like the early stages of tooth decay or cancer, subluxations can be present before warning signs appear. The results of a thorough examination can show the location and severity of subluxations you may have.

Can subluxations clear up on their own?

Sometimes. Today's hectic lifestyles are a constant source of subluxations. Fortunately, our bodies have the ability to self-correct many of these problems as we bend and stretch, or when we sleep at night. When subluxations don't resolve and you are feeling pain for more than a couple of days make sure to give us a call.

What's an adjustment?

Chiropractic adjustments usually involve a quick thrust that helps add motion to spinal joints that aren't moving right. Some methods use our hands, an instrument, a special table, or the force of gravity. There are many ways to adjust the spine.

Do I have a slipped disc?

Between each pair of spinal bones is a disc. Its fibrous outer ring holds in a jelly-like material. This soft center serves as a "ball bearing" for joint movement. Because of the way a disc attaches to the spinal bones above and below it, it can't actually "slip." The disc can bulge, tear, herniate, thin, dry out and it can collapse. But it can't slip.

Can the bone move too much?

Highly unlikely. A chiropractic adjustment is special. It has the right amount of energy, delivered to an exact spot, at a precise angle, at just the right time. The intent is to get a "stuck" spinal joint moving again, helping reduce nerve interference. Years of training, practice and experience make chiropractic adjustments specific and safe.

