



## Commonly asked questions about chiropractic

When is the best time to see the chiropractor? *Before you have pain. Most often though, people come to see us after experiencing pain but maintaining a clean swimming pool is much easier than trying to restore a dirty one.*

How does chiropractic work? *There are 24 bones in the spine which house your spinal cord. Inflammation and minor changes in the bones orientation occur as a result of living a dynamic lifestyle. This bio-structural change in the joint is called a subluxation. When a subluxation occurs it disrupts communication between the brain and the rest of the body. Correcting subluxations through a chiropractic adjustment allows this communication to be restored and thus healing occurs more rapidly.*

What is the sound that occurs during an adjustment? *The sound that often accompanies an adjustment of the spine is referred to as a cavitation. Every joint in our body is encapsulated by various forms of tissue. When a joint becomes subluxated, pressure builds up inside the joint capsule. The adjustment causes a release of that pressure causing an audible release of gas as the pressures neutralize within the joint.*

Why am I sore after an adjustment? *Occasionally there will be soreness after an adjustment, especially after the first few visits. This is the result of joint inflammation, musculoskeletal patterns and structural dysfunction that have existed in your body for a prolonged period of time. As mentioned before our nervous system is continuously relaying information between the brain and body. The firing of your nervous system increases after an adjustment. Much of this stimulation goes toward inhibiting pain pathways to the brain. However, sometimes the inflammation surrounding the joint is so profound that it outweighs the pain inhibiting effects of the adjustment. When this happens there is usually a mild soreness that occurs and typically subsides within the first week of care if it even happens at all.*

How can I heal faster? *Our goal is to get you feeling better as quickly as possible. That being said, how we feel doesn't often correlate with how healthy we actually are. Heart disease takes decades to develop and symptoms can go unnoticed until it's too late. Structural dysfunctions can happen decades before pain is felt. This is commonly seen with people who have a history of motor vehicle accidents, slips and falls, or playing competitive sports in earlier years. That being said, feeling better is what you want, bottom line, and we understand that. In order to see results as quickly as possible you must address the underlying chronic inflammation. Acute inflammation is different from chronic inflammation. Acute inflammation is apparent and obvious by the experience of pain, swelling, redness, and an inability to perform every day activities. Chronic inflammation is what you need to address in order to heal as fast as possible as well as prevent future health conditions. This is most powerfully affected by choosing foods which promote healing and taking supplements that increase omega 3:6 fatty acid ratio.*

Do I need to see a chiropractor if I'm not in any pain? *No. However, as mentioned previously, pain is a poor indicator of health. We know that brushing our teeth every day to prevent cavities is a good idea. Isn't it easier to maintain healthy teeth and gums than to wait until you have to get fillings and root canals to fix your teeth? We all have areas in our lives that we are really great at and areas that we are not so great in. Think about an area in your life that you excel in. Think about the values you have in place surrounding this area and the good habits that you've created. I'd be willing to be that the areas*

*you are successful in have solid, consistent, positive habits and this has resulted in your success. If we neglect our health and don't create consistent health enhancing habits then the results will be less than optimal. Don't wait to change your*