



Wellness News Network™

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Chiropractic Care What to Expect

Presented by: **Total Health Systems**

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Introduction

Chiropractic care is a hands-on healing approach that improves your musculoskeletal health and function by manipulating - gently and purposefully - affected structures or areas in your body. In as few appointments your chiropractor will assess your needs and develop a healing plan to help resolve your specific health concerns. A patient that enters the chiropractic clinic will quickly learn about the process and how the treatment works. Your chiropractor will also help you understand appropriate treatment expectations so that you get the most out of your chiropractic experience.



Setting Expectations for Recovery

According to a 2008 study published in the Journal of General Internal Medicine, patients with acute low back pain who had a more positive expectation for recovery experienced greater functional improvement following care.¹ Attitude is important to healing and so is setting reasonable and realistic expectations for your recovery. Though many people report to the chiropractor only after pain or functional limitations surface, the underlying factors causing their problem may stem from actions or inactions - poor posture, repetitive injurious movements, and old, unresolved health issues - that cause unfavorable structural changes over time. Because these changes happen slowly, over time, it is only reasonable to think that your recovery may take some time, too.

Healing Timeframe

The common chiropractic treatment plan consists of 3 visits per week for 2 to 4 weeks, followed by a re-evaluation of your condition.² Where you and your chiropractor choose to go from

QUESTION:

Treatment and recovery are guided by.....?

- A) type of injury or pain
- B) how long your problem has existed
- C) frequency of treatments
- D) all of the above

ANSWER:

D) all of the above

TRUE OR FALSE:

Many patients experience some degree of relief immediately after adjustment or therapy

ANSWER:

True

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here depends on the degree of improvement noted. For some patients relief is immediate after the adjustment or therapy. In most cases, improvement happens over time with chiropractic care, with health gains coming quickly or gradually based on the frequency of your care, your specific health problem and your willingness to participate in home care activities prescribed by your chiropractor. Many chiropractors find that treating injuries early and often leads to a quicker resolution of the problem, fewer overall visits and a reduced risk of the problem happening again.

Sensations After Adjustments

The chiropractic adjustment itself is not painful. When your chiropractor performs a spinal or extremity adjustment, it is common to hear an audible “pop.” This sound, known as a joint cavitation, is not the cracking of bones but results instead from a change in gas pressure within your joint (much like the pressure change that occurs when you open a carbonated drink). The adjustment may move joint structures that have not moved in some time and this can leave a mild soreness in the area that has been treated. The Mayo Clinic states that chiropractic adjustments are safe when performed by licensed chiropractors but that some people may experience headache and fatigue for a few days after receiving chiropractic care.³

Possible Barriers to Recovery

Some patients may experience barriers to recovery that require further investigation by the chiropractor. If your

symptoms do not improve within a reasonable timeframe (usually about 4 weeks) your chiropractor may order additional tests - blood work, imaging studies - to check for a complicating problem or condition. In some cases, lifestyle changes need to be addressed, for instance repeated ergonomic stress from activities at work or at home.

According to a 2010 study published in the journal *Chiropractic & Osteopathy*, some barriers to early improvement during chiropractic care (especially for enduring low back pain) include patient depression and anxiety - common problems in people who have experience chronic low back pain. Other patients may experience delayed recovery due to the concern about the possibility of re-injury by performing certain activities of daily living.⁴ Your chiropractor can talk with you about your concerns and offer you helpful advice about how to overcome any anxiety you may feel about your condition and recovery.



Quote to Inspire

“I eat really healthy, and if I’m tired, I take a nap”

- Casper Van Dien

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4. Field JR, Newell D, McCarthy PW. Preliminary study into the components of the fear-avoidance model of LBP: change after an initial chiropractic visit and influence on outcome. *Chiropractic & Osteopathy*. 2010. Jul; 18(21).

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