

# **Chiropractic FAQ's**

## **Who should see a doctor of chiropractic?**

Nerve interference can affect anyone, which is why people of all ages experience relief and improved health through chiropractic care. A qualified doctor of chiropractic will best determine the appropriateness of care for you or your family.

No method of health care has proven itself to be more effective than chiropractic in helping those who suffer from back and neck pain. Doctors of chiropractic are the most highly qualified professionals in evaluating and caring for these, as well as many other health problems.

## **How does chiropractic correct my spinal problems?**

Following a consultation and examination, a program of care will be designed and customized to your specific needs. This program is centered around the chiropractic adjustment. The primary goal of an adjustment is to improve spinal alignment and motion, thereby relieving nerve irritation, pressure, and pain.

You may feel immediate improvement after an adjustment, although most people experience gradual, progressive relief of symptoms. Since adjustments restore motion to previously locked joints, ligaments and tendons begin to stretch back to their normal length. This lengthening may cause slight muscle soreness similar to that brought on by rigorous exercise. If you experience these sensations, be assured that within days you'll likely be enjoying the benefits of improved spinal motion with less pain that results from a healthier spine. For the best results, follow the plan that your doctor of

chiropractic recommends for you.

## **What is a Chiropractic adjustment?**

A Chiropractic adjustment is a procedure in which chiropractors use their hands to apply a controlled, sudden force to a spinal joint. The goal of chiropractic adjustment, also known as spinal manipulation, is to correct structural alignment and improve your body's physical function.\*\*

## **Is chiropractic care expensive? Will my insurance cover it?**

Chiropractic has demonstrated itself to be one of the most cost-effective forms of care in all of the health care market.

Many health care plans [provide coverage](#) for chiropractic care. Check with your benefits manager or insurance company directly to find out what coverage you may have with your health plan. We can also assist you in verifying your chiropractic benefits.