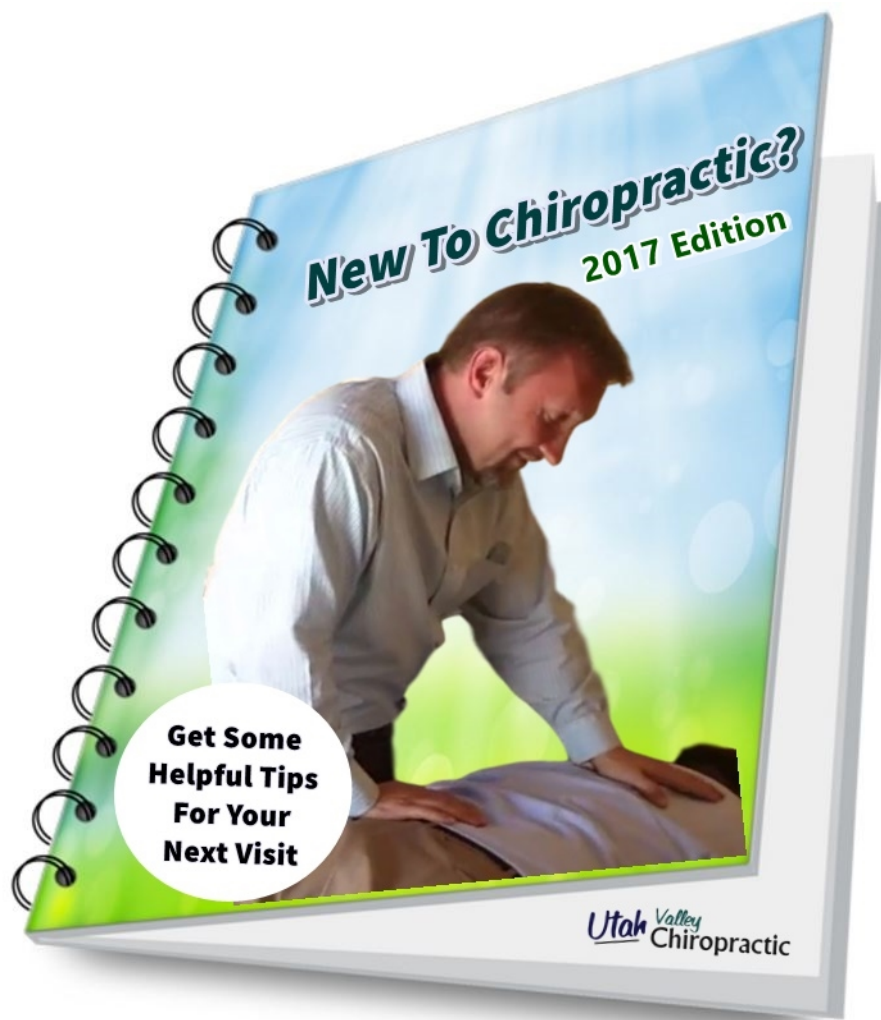


First Chiropractor Visit?

Here Are Some Helpful Tips You Should Know

by Dr. Erick Bingham



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Introduction

The world of chiropractic care is truly fascinating and I know you are going to enjoy this report! We are routinely asked a variety of questions about chiropractic care and what we actually do in our office. In response to all the fantastic questions, we decided to put together this small report to get your questions answered.

Although there are many philosophies of chiropractic care, our goal is to give you a general overview of what we do. If you are still unsure about visiting our office, please feel free to give us a call at 801.922.4310 and we would be happy to answer any and all of your questions.

Our primary concern is your health, and it should be yours too. You can find our website at UtahValleyChiropractor.com Fill out our contact form and we will be in contact with you very soon.

To your health and wellness,

Erick Bingham

Why is Chiropractic Care so Popular?

Well, for one, it is effective. A recent survey conducted by Consumer Reports found that over sixty-five percent of all people who seek chiropractic care for pain report experiencing “a lot” of relief from their symptoms.

Another reason chiropractic care continues to gather favor from the masses is that it is a safe, natural, and non-invasive way to treat health ailments. That means that your chiropractor will treat your condition without prescribing you medications, putting you through surgery, or causing you any further damage. Chiropractic philosophy involves a holistic, whole body approach to treating problems. Therefore, you know that when you go to a chiropractor, you will receive care that is centered on providing your entire body what it needs to get better, without asking more of your body.

Many people also gravitate toward chiropractic care because it can be easily integrated into whatever healthcare plan they already have in place. Chiropractors work closely with other doctors, specialists, therapists, nutritionists and other healthcare practitioners toward your wellness goals. Even if you currently see a doctor for your health issue, chiropractic care can be a worthwhile addition.

What Does a Chiropractor Do?

A chiropractor is trained to use a well-rounded approach to caring for your health ailment. That means your treatment plan will be multifaceted. It is likely to include any combination of the following things:

- **Spinal manipulation.** This is the cornerstone of chiropractic care, and no matter what other treatments you receive, you will receive spinal manipulation during every session with a chiropractor. The process is exactly what it sounds like: your chiropractor will manipulate your spine in order to achieve optimal vertebral alignment, and thus counter the negative symptoms you are experiencing. The specifics of spinal manipulation are discussed later in this report.

- **Deep tissue massage.** Although some chiropractors choose to provide spinal manipulation and nothing but spinal manipulation (these are called “straight” chiropractors), most chiropractors opt to offer alternative treatments in addition to spinal manipulation. Deep tissue massage is one such treatment that can greatly reduce tension, pain, and other uncomfortable symptoms associated with a number of common health conditions.



- **Acupuncture.** This is another common alternative treatment that many chiropractors opt to provide their clients in the office. Acupuncture involves inserting fine, straight needles into the outer layer of the skin at appropriate “acupuncture points.” This practice, borrowed from Eastern medicine, has been around for centuries, and is widely accepted as a valid and effective treatment for a number of common conditions ranging from pain to depression.
- **Exercise.** Your chiropractor will integrate physical activity into your health plan, advising you on exercises you can do to improve your condition, keep your condition from worsening, avoid other health problems that could complicate your condition, and prevent future reoccurrences of the condition. These exercises generally consist of things like walking, strength training, and stretching.
- **Nutritional guidance.** Your chiropractor will help you develop a nutritional plan that will work to improve your therapeutic outcome. This includes advice on vitamins and nutritional supplements. As chiropractic is generally considered a holistic discipline, your chiropractor may even be able to recommend herbal remedies that could possibly benefit your ailment.
- **Additional treatments.** There are a number of other treatments chiropractors sometimes use as part of their overall chiropractic care plan. These may include things like cold laser therapy, traction, stress

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reduction techniques, neck manipulation, postural advice, cryotherapy (ice pack therapy), trigger point therapy, and extremity adjusting.



What Should You Expect at Your First Appointment?

Don't worry – your chiropractor will not jump straight into the spinal manipulation process during the first appointment. As a matter of fact, there are a number of things your chiropractor will need to do before even developing your treatment plan. Your first appointment will be longer than subsequent appointments, and will include:

- **Medical history.** It is important that your chiropractor take a thorough medical history before proceeding with treatment. Your medical history will provide valuable clues as to any underlying causes for your condition, as well as guidance on which treatments might work best for you, as well as which treatments to stay away from. Chiropractic focuses on treating the problem itself, as opposed to the symptoms. Therefore, your chiropractor will be very interested in identifying the root of your problem, which may be revealed through the medical history.
- **Health examination.** In addition to your medical history, your chiropractor will need to perform a comprehensive health examination, regardless of the condition you seek treatment for. Why? Because chiropractic philosophy holds that the entire body is a delicately balanced system in which all the parts work together to heal the whole.

Therefore, it is important that your chiropractor understands what shape the rest of your body is in before creating a treatment plan for a localized area of your body.

- **X-rays.** Chiropractors commonly give their patients X-rays if the referring specialist indicates that you have back problems, or if your health examination or medical history reveals anything that may make chiropractic care a risk to your condition. If you have recent X-rays, be sure to bring them to your first appointment so as to avoid any unnecessary X-rays.



- **Blood/lab work.** You won't necessarily have to submit to lab work during your first appointment, but be prepared that your chiropractor may request that you submit to extra testing if there is anything in your medical history or health examination that requires further clarification.

Yes, this may sound like a lot for a single appointment, but remember that it is all in your best favor. Your chiropractor's top priority is getting you better, and as quickly and painlessly as possible. Therefore, a lot of thought and care must go into the development of your individualized treatment plan.

The Basics of Spinal Manipulation

Once you have your first appointment over with and out of the way, your chiropractor will formulate a treatment plan that will best suit your needs. One integral part of this treatment plan will be a process call spinal manipulation. The frequency and duration of spinal manipulation sessions you receive will be determined by your condition, as well as your body's response to chiropractic care. Here is what you should know about spinal manipulation:

- **The goal of spinal manipulation.** The chiropractor's goal is to align the vertebrae of the spine to their optimal position. What is optimal positioning of the vertebrae? Ideally, the vertebrae should sit uniformly on top of one another, allowing plenty of space in between each disc for the proper functioning of the nerves. Therefore, the purpose of the spinal manipulation process is to correct vertebral misalignments (also called subluxations).
- **Techniques used during spinal manipulation.** A spinal manipulation is done by way of a series of manual techniques, as performed by your chiropractor. Each chiropractor has a unique way of doing things and



uses different techniques for different patients, depending on their individual circumstances. As such, if you ask one hundred different patients what a spinal manipulation involves, you might get one hundred different answers. The one unifying factor of all spinal manipulation techniques is that they involve the application of pressure to one or more areas of the spine, with the intent of budging the vertebrae out of the wrong position and into the right one.

- **How spinal manipulation works to alleviate symptoms.** Herniated and bulging discs, as well as swelling of the surrounding tissue, can place a lot of pressure on the nerves in between the discs. These nerves must communicate with the rest of the nervous system, and their functioning is severely stunted by this pressure. As previously mentioned, when the vertebrae of the spine are properly aligned, it allows as much space as possible in between the discs. This, in turn, alleviates that detrimental pressure on the nerves, freeing them up to heal and once again communicate effectively with the rest of the nervous system. Damaged nerves send signals of distress – or, pain signals. Healthy nerves send messages of health and healing. Therefore, an aligned spine can work wonders for a multitude of health ailments.
- **What to expect during a spinal manipulation.** You may or may not experience immediate relief from your first spinal manipulation. That is because your body is responsible for appropriately aligning itself (with the chiropractor's urging, of course), and the body is a creature (so to

speak) of habit. It is not unusual for the spine to slip back into its previous, undesirable position after the first adjustment, simply because that is what it is used to. So be prepared that it may take more than one adjustment to feel immediate and/or lasting relief. It is also important to note that you can expect to experience some soreness or discomfort right after your alignment. This is perfectly natural, and will go away in very little time. Your body just needs to learn its new place and get comfortable in it.

Is Your Chiropractor Right for You?

If you have yet to make it to your first appointment, then you may not yet know if you and your chiropractor are a good fit. This is an important consideration. Therefore, you need to know what to look for in a chiropractor, and make any changes if need be:

- **Reputation.** What do others say about the chiropractor you plan on seeing? If you haven't heard enough to know, then you owe it to yourself to ask for some references before you commit to a treatment plan.
- **Treatment techniques.** As you now know, different chiropractors use different treatment methods – some drastically different from others. Ask your potential chiropractor exactly which methods will be used on your back, and then decide if you are comfortable with that.
- **Approach.** Any reputable chiropractor should use a well-rounded approach when it comes to your treatment plan, and should be open to working with the other healthcare practitioners involved in your care. Find out how your chiropractor plans on integrating your other, existing treatments into your chiropractic care so as to attend to big picture of healing your health ailment.

Conclusion

There you have it: everything you need to know to be prepared for your first chiropractic consultation. Not so scary after all, right? Now you are well on your way to becoming a healed, recovered, and better version of You.

Congratulations!

Let us know your thoughts and leave a post on our Facebook Page.

[Http://fb.com/UtahValleyChiropractic](http://fb.com/UtahValleyChiropractic) Hope to see you soon.

About The Author

Dr. Bingham graduated from Palmer College of Chiropractic in 2002. Dr. Bingham has seen many patients with the after-effects of a number of childhood, sports-related, and vehicular injuries. Through chiropractic care and without surgery or medication, they experienced ongoing pain-free well being.

In 2002, Dr. Bingham opened his chiropractic office so that he could help others.

