

YOUR CHIROPRACTIC RECOVERY INFORMATION ROADMAP



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Chiropractic-Definition

A System of optimizing human performance by restoring or enhancing the body's function. Chiropractors are trained to diagnose and treat many conditions but are highly proficient in musculoskeletal pain (MSK) - pain in the muscles, bones, ligaments, tendons, and nerves.

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Auto-Accident? Schedule an Appointment

After attending to accident reports & claims schedule an appointment with a Chiropractor immediately after an accident.

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The Examination

A thorough chiropractic examination includes general tests, such as checking your blood pressure, respiration, reflexes and range of motion. You will be asked when and how did the pain start? Where is the pain located? Does the pain come and go or is it continual?

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What to Expect with your First Appointment

Like a doctor's appointment you will need to fill out paperwork identifying yourself, who may have referred you, your reason for the visit, your medical history and your address which will be matched with a clinic best suited for your treatment.

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The Treatment

The treatment plan may begin during the initial appointment or be postponed for a follow-up visit. These treatments may include **Adjustments** involving therapeutic manipulation that use force, leverage, direction, amplitude and velocity directed at specific joints and/or **Strengthening Exercises** and/or **Techniques to improve soft tissue healing and pain control**. A **Homecare Package** will be given to you so that you can continue with home care between treatments.

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Treatment Plan

A treatment plan will be developed for you, taking into account the extent of the injury, your general health and the condition of your spine, muscles, bones, ligaments, tendons, and nerves as affected by the injury. This will include the option of **courtesy transport** arranged for you to get to and from the appointments.

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Phases of Chiropractic Care

The phases of treatment are:

- 1. Relief** – From muscles that are spasmed, joints that are inflamed. Intense pain and fatigue. Treatment is followed by a reduction of symptoms & inflammation with manipulation.
- 2. Corrective** – Symptoms improve and are met with increasing function and mobility. With time, you begin to feel great with a maximum level of correction obtained.
- 3. Strengthening** – Increased energy and function accompanied by muscle and ligament strengthening. Eventually strength and mobility are increased as well.
- 4. Wellness** – Optimal health is achieved. It is up to you know to maintain good health! Continued visitations are encouraged to ensure sustained health.

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Establish Goals

Our primary goal is to relieve your symptoms and provide comfort as quickly as possible, with the fewest necessary treatments. **Short-Term Goals** that include treatments for reducing pain and helping restore joint function complimented with **Long-Term Goals** that include restoring functional independence and getting back to enjoying daily living, pain free and an estimate of the length of treatment is determined.

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Health benefits of Chiropractic Care

Chiropractic adjustments help by enhancing your nervous system's blood flow which can lead to a **better night's sleep**. Better alignment of the body results in **increased energy levels**. Adjustments help to improve range of motion and joint flexibility **reducing back pain** and susceptibility to trauma. Spinal Manipulative Therapy has proven to reduce low-back pain through **restoring your muscles and joints**.

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Other benefits without medication

Pain Relief - Sciatica, headaches, ear infections, scoliosis and trouble sleeping
Blood Pressure – Nervous system healing with spinal alignment, which is responsible for your body's reflexes, breathing and slightest movements impact hypertension, blood flow and pressure.
Treating The Source – One of the most significant benefits of Chiropractic Care.

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Important Reasons for Accident Care

Not all injuries are obvious – Not all injuries are noticeable as cuts and broken bones. A full body evaluation can identify issues that may be causing pain symptoms and side effects from an accident. **Effective Pain Relief Without Medication** – From neck pain, whiplash, back pain, joint stiffness, headaches and more. **Care can provide relief without taking pain killers.**
 Prevents Long Term Pain – Immediate treatment avoids long term issues later on.
 Improves your Lean Claim – If you were injured in a car accident that was not your fault, visiting your Chiropractor **increases your chance of receiving compensation**

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Chiropractic Principles

- Optimal brain function requires good posture and good spinal alignment and mobility.
- The nervous system controls and coordinates the systems of the body.
- The human body is self healing and self regulating.

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