

CHIROPRACTOR

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If you start going to the chiropractor, do you have to keep going forever?

ANSWER: NO!!! We are all a little apprehensive about the unknown and the truth is, if more people knew the truth about chiropractic they would not hesitate to go. Chiropractic is safe, the biggest side effect of chiropractic is soreness and this can be minimized by choosing a technique that is best for that patient. When you start going to the chiropractor you receive an examination and maybe some x-rays or some other tests. Then the doctor puts you on a treatment plan of so many visits over so much time and when you are healed you get dismissed. Where I think some people get confused is what is called maintenance care. Maintenance is when you chose to come once a month and get an adjustment to help keep your body performing at its optimal level. In life if we have something nice and want it to stay that way we better take care of it or it is going to get old and fall apart. Well, sorry to tell you this but our spine is the same except we can't just run out and get a new one when it breaks down. This is why MAINTENANCE is so important. Please take care of your spine, you only get one.



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