

HOW TO CHOOSE A CHIROPRACTOR

INTRODUCTION

With many of the current changes in health care taking effect, people are now looking beyond classical medical care for answers to their health problems. More people than ever are seeking the care of a chiropractor. As with all doctors, chiropractors have personality differences, individual philosophical differences and different technical approaches to resolve a patient's health problems. Not knowing who to go to or who to trust is a very big problem for someone new to chiropractic. Some may begin with the yellow pages or their managed care physician directory. Others may get a referral from a friend or an organization. This guide should hopefully make the selection process easier. By giving you some basic criteria, you should feel more confident you've chosen the right doctor for you.

DID THE DOCTOR GRADUATE FROM AN ACCREDITED CHIROPRACTIC COLLEGE?

Was the college the doctor attended accredited by the Council on Chiropractic Education (CCE)? This is important because accredited schools must meet certain standards. Certain curricula must be taught. The doctor must also pass, while in school, the National Board Examinations as well as a state board examination before he is allowed to practice.

DOES THE DOCTOR REGULARLY ATTEND CONTINUING EDUCATION SEMINARS?

Wouldn't you want your doctor to be current on the latest methods of care? Chiropractors have many opportunities for post-graduate educational programs. They may include technique, X-ray, biomechanics, current research, sports certification, diplomate programs in neurology, orthopedics and nutrition as well as other programs. A doctor can stay ahead by attending yearly seminars and by reading the chiropractic journals such as Chiropractic Sports Medicine and JMPT.

DOES THE DOCTOR USE PHYSIOTHERAPY?

Most chiropractors will use physiotherapy (ultrasound, heat, ice, muscle stim, microcurrent) to assist a patient in getting out of pain quickly. Patients in pain want a quick solution to the pain and expect fast relief. The machines commonly used for pain relief may help when used in addition to manipulation, the main therapy used by chiropractors.

DOES THE DOCTOR UTILIZE MYOFASCIAL RELEASE THERAPY AND ACTIVE EXERCISE

Surrounding the spine, your arms and your legs are muscles. When these organs dysfunction, they shorten, cramp, cause pain and affect the function of the joints and other structures they surround. Many methods have been used to address muscular problems such as trigger point therapy, massage, myofascial release technique's and spray and stretch.

Myofascial release differs from other muscle treatment methods in the depth within the muscle that the doctor works. The effects of myofascial release are long-term and it will significantly improve muscle function. You will notice a major change in any muscle treated with this method. Myofascial Release works by stripping away the scar tissue between muscles, within muscles and between connective tissue and the nerves. Any injury to a muscle results in scar tissue. Since pain and function is commonly incorrectly assumed to be arthritic in origin, myofascial release can have a direct long-term affect on the cause of muscular pain and dysfunction and the overall way you feel.

It yields consistent results on lower back pain, tendonitis, carpal-tunnel syndrome, neck pain, shin splints and muscle pulls of all types. Specific soft tissue examination and diagnosis is high-tech and "hands-on," reducing the need for expensive therapy machinery. Active exercise is then used to strengthen the muscle tissue that has been treated.

DOES THE DOCTOR MONITOR PROGRESS THROUGH PERIODIC REEVALUATIONS?

A doctor should periodically re-evaluate a patient's progress and openly share this information with the patient. Since an examination is objective and the way you feel is subjective, a reevaluation is an accurate assessment of how you are actually improving while under the doctor's care.

DO THE DOCTOR'S TREATMENT PLANS MAKE SENSE?

A mild lower back strain shouldn't require 40 visits. A herniated disc however, may require two dozen. The more complicated a condition is, the longer it will take to restore function to the area. Chiropractic rehabilitation is about restoring function, whereas medication is for pain relief only. Poor function creates the painful condition. When you finally notice pain, the condition is usually chronic and the area is functioning poorly.

Your doctor's goal, through the use of various therapeutic methods, should be to restore function. If you are no longer improving and have hit the therapeutic brick wall, your doctor should either alter your treatment, discharge you, or refer you to another physician. Effective treatment results in improvement. Ineffective treatment may give you temporary relief but poor long-term results.

WHAT CAN YOU EXPECT FROM OUR OFFICE?

- Dr. Charschan is a graduate of National College of Chiropractic and is Certified in Sports Injuries by New York Chiropractic College and the Academy of Chiropractic Sports Physicians. Both schools are accredited.
- Our doctors attend yearly continuing education seminars sponsored by accredited chiropractic colleges. Our doctors also regularly reads journals such as JMPT and Chiropractic SportsMedicine to keep up with his ever changing field.
- Our office uses adjunctive physiotherapy for pain relief and myofascial release as needed to assist in resolving a patients problem. Patients use the "in office" Rehab Suite with universal gym to strengthen the treated areas.
- While under our care, you will be periodically reevaluated and shown your progress.
- At Charschan Chiropractic and Sports Injury Associates, treatment is conservative and appropriate for the condition. Our goal is not just pain relief. Function must be restored for optimal long term results. Our friendly staff will help guide you through the insurance maze, and will do what is necessary to help you. Our motto is simply stated:

"Improving the quality of life one spine at a time"

For further information, call

Charschan Chiropractic and Sports Injury Associates

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Main Office

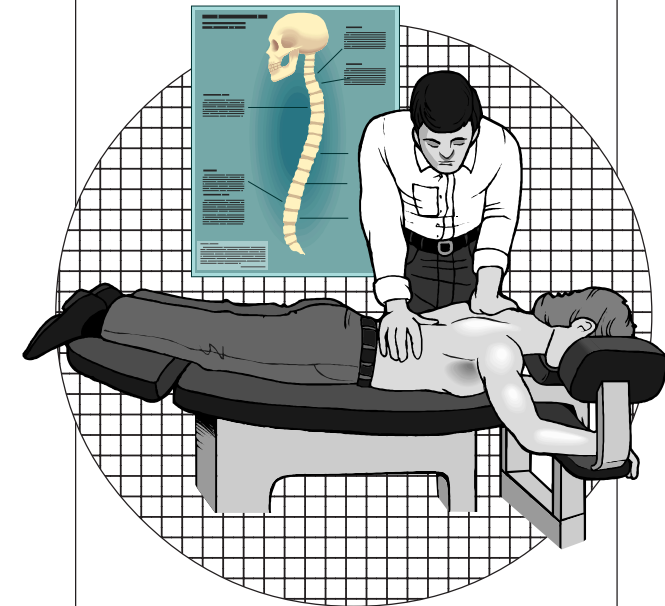
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