

This brochure is a guide designed for prospective patients who are skeptical of chiropractic and its procedures. Chiropractic care has through numerous scientific studies been shown to be safe, effective as well as cost effective, especially in the management of neck pain, back pain, sciatic pain headaches and other dysfunctional joint related syndromes. Chiropractors are unique in that they manage these cases by restoring normal body mechanics with proven procedures, rather than utilizing pharmaceutical substances which simply mask the symptoms and do not address the underlying cause of the problem. If you are considering going to a chiropractor for the first time, or visiting a new chiropractor if your first experience was not what you thought it should have been, this brochure should be helpful to you prior to your chiropractic visit.

I am afraid of getting hurt...Chiropractic has repeatedly been proven safe. Chiropractors pay about 1/4th the amount for malpractice insurance as medical doctors do. Since the basis for malpractice insurance costs is claims made against doctors, as you can see, chiropractors have a high level of safety in what they do professionally.

The thought of someone popping my bones scares me...Chiropractors do not pop bones. The popping sound people associate with the chiropractic adjustment is simply air escaping from the joint space when the doctor performs the manipulation. Chiropractic physicians use the highest level of safety when treating a spinal or extremity region. Even patients who have osteoporosis are suitable candidates for less forceful chiropractic procedures, such as with activator type treatment. Many chiropractic patients are in elderly and have marked improvements in the quality of their lives by utilizing chiropractic care. Many report significantly lower medication usage with the help of chiropractic management, which makes them less prone to having adverse medica-

tion reactions. They also save money because they are less reliant on expensive pharmaceuticals for pain control.

I'm scared of someone twisting my neck...

Chiropractors do not twist necks. The procedure, called an adjustment is performed by the doctor who gently places the improperly moving spinal or extremity bone back into normal motion. A lack of joint mobility is what causes neck pain or neck kinks. Shoulder posture also plays a part in appropriate neck mobility. Studies show that this procedure is safe and that it is estimated that there may be a possibility of severe adverse reaction in anywhere from one in 500,000 to one in 3 million procedures. With regards to safety, compare that to the severe adverse reaction of many common over the counter drugs that may occur in one in 10,000 to one in 30,000 patients. In other words, you are more likely to win the lottery than have a severely adverse reaction with a chiropractic adjustment. You should also note that the majority of adverse reactions to a spinal neck adjustments were reported with medical spinal manipulation, not chiropractic procedures as pointed out by William Lauretti D.C and others^{1,2}. in his recent review of the literature regarding this matter. Dr. Lauretti found that chiropractic as a profession was being affiliated with many of the reported medical cases. Much of what has been portrayed in the media has been proven to be sensationalistic and inaccurate, often used to scare the public away from a service that helps millions with problems such as neck pain and headaches³.

I heard that...I read that... Someone told me that...

It is often difficult for people to get accurate and unbiased information regarding chiropractic, even from sources many of us trust. Two of the most accurate sources for information on chiropractic and its related re-

search are FCER (Foundation for Chiropractic Education and Research) and the American Chiropractic Society. Chiro-org would be a third accurate source. Links for these and other site of interest may be found at our web site www.backfixer1.com in our links section. As a health care consumer, you should know the truth about health care and which type of care is most effective and safe for the conditions you suffer from.

I've been to a chiropractor and didn't like....

Please realize that chiropractors just like other types of doctors differ in overall expertise, specialty status (chiropractic has specialties too), styles of practice and personalities. If you had a less than favorable experience with a dentist, you would probably go to another. Chiropractors are the same. If you have a less than desirable experience with one doctor of chiropractic, you should consider seeing another until you find someone you like or someone who is more effective for the problems you have.

My doctor warned against seeing a chiropractor or suggested I see other specialists first...

We still hear this occasionally from patients although more doctors now recommend chiropractic as a primary treatment. This change is occurring as more doctors realize that chiropractors are both safe and effective and they become more up to date with the current literature. Doctors who discourage patients from using a chiropractor are actually raising the cost that you and I pay overall for insurance. Sending someone to the most appropriate health care provider often will result in your resolving a health care problem for a lower overall cost and in less time. For the conditions that they treat, overall, chiropractors as a health care provider group are quite cost effective in general, especially in the treatment of back and neck pain as most current studies show. You should also know that chiropractors as a group

show higher levels of satisfaction in overall treatment when compared to other treatment methods. Since people today generally have less free time, they want care that makes sense and gets results in a relatively short period of time. They don't want their problems coming back and they do not want to hear that its all in their head or that its because they are older and arthritic. People today want results quickly. This is why more people than ever are turning to chiropractic which has become the third largest healing profession internationally. Unfortunately, fast relief is also why the use of over the counter pharmaceuticals has risen over the years. While they do provide a quick fix for pain, they are also dangerous taken long term³ and lead to more pain later in life.

I've been having this problem for years, its arthritis and my doctor tells me that at my age, it is normal... I have heard this from people of all ages. The truth is, as we age, our bodies change. Another truth is that if you ignore a problem, it will surely have some undesirable consequences. Ask anyone who has been taking over the counter medication for a chronic condition if they feel better as they age. The answer is no. They will tell you that as they aged, they felt worse. If they had relied on medications for years for pain, they are now on stronger medications. They are also putting their bodies at risk for other problems because long term medication use has dangerous side affects that can affect the kidney, liver and other organ systems. Chiropractic adjustments to the joints and Myofascial Release to the involved muscles often results in freedom from medication with its side effects and improved mobility and function. Long term, joint and body degeneration may also be slowed down as joint function becomes more normal. A good chiropractor will teach you about your body and when it needs a tune up, without having to rely on medications and their dangerous long term side effects.

I just get my normal stiffness in the morning... Stiffness on a daily basis is not normal. Stiffness is an indication that your muscles and joints are functioning inefficiently and have shortened excessively over time. This will undoubtedly eventually cause pain and in the worst cases, affect your overall quality of life with varying levels of disability over time. A chiropractor knowledgeable in Myofascial Release Treatment can be indispensable in the treatment of this type of problem. Myofascial Release will loosen the muscles and improve their overall flexibility, which allows true muscle strengthening to then take place with appropriate exercises. Chiropractic adjustments will restore the lost joint mobility. Medication such as muscle relaxers and pain killers may offer short term relief, but will have side effects and doesn't restore function.

References

1. Terrett AGJ. Misuse of the literature by medical authors in discussing spinal manipulative therapy injury. *J Manip Physiol Ther* 1995 (May); 18(4):203-1.
2. <http://www.mbnet.mb.ca/~jwiens/cva-1.html> *Journal of Manipulative and Physiological Therapeutics* in October, 1995.
3. Dabbs V, Lauretti WJ. A risk assessment of cervical manipulation vs. NSAIDs for the treatment of neck pain. *J Manip Physiol Ther* 1995; 18(8): 530.

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"Quality care for the entire family"



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Still Scared of the Chiropractor



WHY? HERE'S THE FACTS...