

## Questions and Answers about Chiropractic Care



*We know that some of you are still a bit unfamiliar with the subject of chiropractic care, and what it's all about, so let's present some common questions and answers to give you a better understanding:*

### **What Conditions do Chiropractors Treat?**

Doctors of Chiropractic (DCs) care for patients of all ages, with a variety of health conditions. Chiropractors are especially well known for their expertise in caring for patients with back pain, neck pain, headaches and migraines -- particularly with their highly skilled manipulations or chiropractic adjustments. They also care for patients with a wide range of injuries and disorders of the musculoskeletal system, involving the muscles, ligaments and joints. These painful conditions often involve or impact the nervous system, which can cause referred pain and dysfunction distant to the region of injury. The benefits of chiropractic care extend to general health issues, as well, like allergies, anxiety and depression, stress, fatigue etc. The reason to this is that our body structure affects our overall function. Chiropractors also counsel patients on diet, nutrition, exercise, healthy habits, and occupational and lifestyle modification

### **Is Chiropractic Treatment Safe?**

Chiropractic is widely recognized as one of the safest drug-free, non-invasive therapies available for the treatment of neuromusculoskeletal disorders. Although, chiropractic has an excellent safety record, no health treatment is completely free of potential adverse effects. However, the risks associated with chiropractic are very small. Many patients feel immediate relief following chiropractic adjustment, but some may experience mild soreness, stiffness or aching, just as they do after some forms of exercise.

Minor discomfort or soreness following a chiropractic adjustment typically fades within 24 hours.

Neck pain and some types of headaches are treated through precise cervical manipulation. Cervical manipulation, often called a neck adjustment, works to improve joint mobility in the neck, restoring range of motion and reducing muscle spasm, which helps relieve pressure and tension. Neck manipulation, when performed by a skilled and well-educated professional such as Dr. Adam Nachmias at Nachmias Chiropractic, is a remarkably safe procedure.

### **Does a Chiropractic Treatment Require a Referral from an MD?**

A referral is usually not needed to see a chiropractor. However, your health plan may have specific referral requirements. You may want to contact your employer's human resources department, or the insurance plan directly, to find out if there are any referral requirements. Most plans allow you to just call and schedule an appointment with a chiropractor. At Nachmias Chiropractic we accept all insurances. Look for your insurance in the list: <http://calldradam.com/insurance-accepted/>

### **Is Chiropractic Appropriate for Children?**

Yes, children can absolutely benefit from chiropractic care. Children are very physically active and experience many types of falls and blows from activities of daily living, as well as from participating in sports. Such injuries may cause many symptoms including; back and neck pain, stiffness, soreness or discomfort. Chiropractic is always adapted to the individual patient. It is a highly skilled treatment, and in the case of children, very gentle.

### **How is a Chiropractic Adjustment Performed?**

Chiropractic adjustment or spinal manipulation is a manual procedure that utilizes the highly refined skills developed during the doctor of chiropractic's intensive years of chiropractic education. The chiropractic physician typically uses his or her hands--or an instrument--to manipulate the joints of the body, particularly the spine, in order to restore or enhance joint function. This often helps resolve joint inflammation and reduces the patient's pain. Chiropractic manipulation is a highly controlled procedure that rarely causes discomfort. The chiropractor adapts the procedure to meet the specific needs of each patient. Patients often note positive changes in their symptoms immediately following treatment.

### **Why is there a Popping Sound When a Joint is Adjusted?**

The adjustment (or manipulation) of a joint may result in the release of a gas bubble between the joints, which makes a popping sound. The same thing occurs when you "crack" your knuckles. The noise is caused by the change of pressure within the joint, which results in gas bubbles being released. There is usually minimal, if any, discomfort involved (Source: acatoday.org).

Why don't you try a chiropractic adjustment and see for yourself? Book a chiropractic exam and consult with Dr. Adam Nachmias and we guarantee you will feel much better in an instant. To book your appointment call any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book online: <http://calldradam.com/contact/book-online/>

**Relief is here with Chiropractic Care!**