

Patient Information Center: What To Expect

Your First Visit

During your first visit to a chiropractor, you will likely be asked to complete a health history. After reviewing the information, the chiropractic physician will assess your condition through a series of orthopedic and neurological examinations.

Depending on the results of your history and examination, the doctor may recommend starting chiropractic care, or further examination through specialized tests, such as x-rays or MRI's.

After collecting all of the necessary information, your case will be assessed, and if appropriate, chiropractic care will begin. Because each case is unique, and because there are several ways to conduct and manage patient care, each patient's recommendations are different.

Follow-Up Visits

Depending on the severity and nature of your particular condition, it may take several visits to resolve the problem. Additionally, in some circumstances reoccurring, chronic problems may have developed that will require a duration of care in the future.

There is a misconception by some that "once you go to a chiropractor you have to keep going." This is not true. In fact, chiropractic care helps to restore proper function, and therefore allows you to improve throughout treatment. However, many patients find that some course of on-going care helps them to prevent disease, live healthier, and enjoy a wellness lifestyle. For these, individuals they choose to go regularly because want to, not because they have to.

Getting Results

As care progresses, most patients show continued and ongoing results. If pain is present, the chiropractor may track your frequency and intensity of pain to help judge your recovery. Nerves, however, don't always produce pain. This may require different methods of tracking your improvement.

The chiropractic profession is widely known for having high patient satisfaction rates. These are usually reported above 90 percent, and some research has even found them to reach as high as 97 percent. This is likely contributed to the quality of care provided and the involvement of the chiropractic physician in the patients' course of treatment. For this reason, it is likely that your chiropractor will design a treatment plan that will maximize your health as quickly as possible.

Most chiropractic physicians welcome patient input, so please be honest and forthcoming with your comments, as it will increase the likelihood of a favorable outcome.

Payment

Each chiropractic physician is different in price and payment arrangements. Some doctors participate with insurance companies, while other do not. Some chiropractic offices accept only cash, while others accept credit cards and personal checks. Payment methods and arrangements should be discussed individually with your particular chiropractor.