

severity respond in less time. A recent, mild fixation will often respond in as little as one treatment.

How Often Will I Need To See My Doctor of Chiropractic?

It is important to remember that spinal adjustment is an ongoing process. Your chiropractor's recommendation for treatment is based on the specific nature and history of the condition in each unique case.

Chronic, long-term fixations and subluxations may require intensive care for a number of weeks, followed by a gradually diminishing frequency of care to encourage the changes that are desired.

Acute, painful conditions may need to be handled in stages. The pain and inflammation of injury is often initially treated with ice and other physiotherapy for a period of time before attempts can be made to correct the spinal malfunction responsible for the condition. Such acute case management is typically carried out on a daily basis at first until the symptoms subside and adjustments can be administered several times a week. Milder conditions, of course, require a lesser frequency and a shorter duration of care.

What Happens When My Symptoms Have Disappeared?

Symptoms often respond well to treatment and seem to disappear before total correction has occurred. The objective of treatment is to obtain full-function restoration of spinal joints, soft tissues, and neurologic activity. The WellnessOne™ team

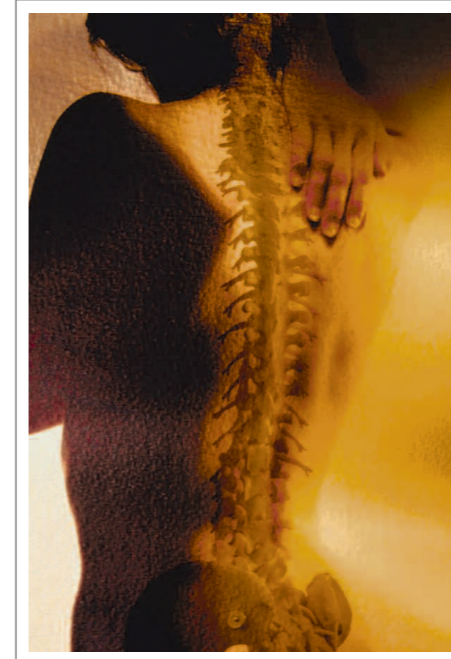


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Answers to Common Questions about Chiropractic Care

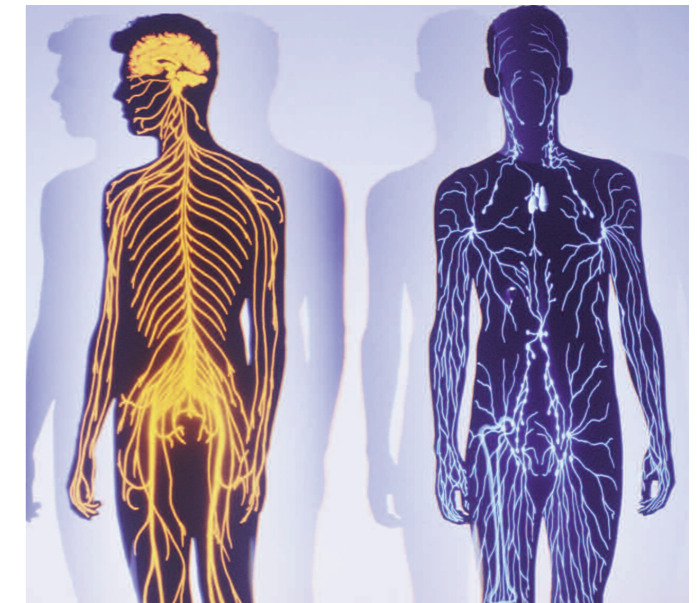


What Is a Chiropractic Adjustment?

The chiropractic adjustment is a gentle, yet dynamic thrust applied to a particular spinal joint in such a way as to generate movement in a specific direction. Chiropractic adjustment restores proper mechanics of the spine, thus enhancing joint function, correcting specific joint problems, and preventing injury due to improper spinal dynamics. This facet of chiropractic care principally affects problems that are musculoskeletal in nature. Because of the relationship between spinal nerves and organ function, the removal of nerve interference by the correction of spinal fixations and subluxations is thought to enhance many other areas of general health as well.

How Many Adjustments Will I Need?

Applied repeatedly over a period of time, spinal adjustments can help restore mobility to even the most chronic spinal fixations. Deep-rooted fixations that have existed for several years typically require months of care. Fixations of lesser duration and



Special Report



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considers the job done when spinal motion is fully restored and not just when symptoms have abated.

Because of our society's "crisis medicine" orientation, it is not uncommon for a patient to want to stop care when symptoms disappear. It is important to understand that until the spinal malfunction is fully corrected, there is still a substantial vulnerability for the pain to recur. The condition never really goes away—only the symptoms do. As long as the spinal malfunction continues to exist to some extent, it may undermine body function and health and may ultimately cause symptoms once again. The best way to prevent recurrence is to continue care until an appropriate correction has been made.

Sometimes after progressive degeneration of spinal joints has begun, certain conditions cannot be totally corrected. Yet chiropractic treatment can improve function and relieve discomfort, when administered regularly.

Is There a Reaction Following an Adjustment?

Reactions following a chiropractic adjustment vary greatly from person to person. Many people experience a great sense of exhilaration and well-being. The most common reaction is aching or soreness in the spinal joints or muscles. Do not become alarmed if you experience this type of reaction, as it is a natural response in certain tissues.

Most reactions usually subside within several days, after which you will continue to enjoy the beneficial effects of the removal of nerve interference and improved spinal function.

If you have any questions or any unusual reactions that concern you, do not hesitate to call our office at 425.644.8386 or to ask your doctor on your next visit.

Is the Spine the Only Part of the Body That Chiropractors Adjust?

The spine is only one part of the biomechanical structure of the human body. There are numerous other movable joints—each one subjected to demands similar to those placed on the spine, and each one capable of malfunctioning.

The chiropractor considers each of these movable parts, as well as overall body dynamics, in the evaluation of a patient's condition. The doctors at WellnessOne™ are qualified to perform adjustments in these areas as well.

What Joints Might Receive a Chiropractic Adjustment?

The sacroiliac joints of the pelvis are situated just below the spine and are intimately involved in spinal dynamics. Functionally, they can be considered a part of the spine.

The sacroiliac joints function under a great deal of stress. They bear the weight of the entire upper half of the body and they do so at a precarious angle that subjects them to intense gravitational pressure. Demands are made of them in just about every movement of the body, so they are almost constantly required to be in action.

As a result of these demands, the ligaments of the sacroiliacs—just like those in the spine—frequently become strained. If sufficiently injured, they can be the cause of varying degrees of lower back pain and can also be involved in sciatica (pain in the leg). If the strain is more subtle, it may not be symptomatic, but the healing ligaments may become increasingly stiff and rigid.



Fixations of the sacroiliac joints are perhaps the most common in the body and can be at the root of a variety of painful conditions by virtue of the

compensation they produce in the spine. Perhaps as many as 75 percent of chiropractic patients, regardless of where they hurt, have some degree of fixation of the sacroiliac joints that may be directly related to their symptoms.

The hips, knees, ankles, shoulders, elbows, and wrists may also become mechanically impaired and in need of treatment. Chiropractic manipulation of these joints may correct painful conditions of these joints or painful conditions elsewhere in which these joints play a role.

The feet also play an important role in the support and ambulation of the body since they are the platform upon which we stand and walk. Feet and ankles are frequently adjusted by the chiropractor. You may also be in need of postural foot supports known as orthotics, which restore balance to feet chronically subjected to the effects of wear and tear.

The WellnessOne™ team hopes that this Q&A report has been helpful. If you have any questions, you are invited to speak with your doctor or call 425.644.8386 for more information.