

## **What should you expect from treatment and how many office visits are needed?**

Your doctor of chiropractic should provide you with a case history, a chiropractic examination, a diagnosis, a prognosis and possibly x-rays.

What distinguishes chiropractors from other health professionals is the spinal examination and its relationship to body function and nerve flow. Correction of the abnormal findings is through an adjustment. This is characterized by a specific movement of the spine by the doctor's hands.

The duration of care is dependent on the individual patient. Approximately 80% of pain symptoms of short duration are controlled by 8 weeks. Average frequency is 3 times per week for the first 4 weeks. This typically tapers down as each week passes. It is extremely common to maintain a once a month visit from then on. We call this wellness care.