

What should you expect on your first visit to a Chiropractor?

On your first visit you should expect to fill out a full medical history report, receive a doctor patient interview, an examination and treatment. On examination expect orthopedic testing, reflex assessments, muscle testing and a specific chiropractic evaluation. In some cases x-rays may be necessary and can be done on site. Others may need to be referred to a clinic or a lab.

If your condition is in an acute phase the doctor will recommend an appropriate treatment for that day. This may include stretching, icing, proper neutralizing postures and an adjustment into the side of complaint. In some cases the pain is so severe that the adjustment must wait a day or two. Once the condition has stabilized then a treatment plan for complete recovery can be initiated.

Like having a dentist the more familiar the doctor is with your back the easier it is to recognize when an abnormality exists and appreciate each one's pain patterns.