

# Intro to Chiropractic Care

This playbook provides an introduction to chiropractic care, outlining the various conditions it can address and detailing the expectations for a chiropractic adjustment session.

## Step 1: **Understanding**

Research and understand what chiropractic care is, including its history, philosophy, and the principles of spinal health and overall wellness it promotes.

## Step 2: **Conditions**

Learn about the types of conditions chiropractic care can treat, such as back pain, neck pain, headaches, and certain types of muscle and joint issues.

## Step 3: **Finding a Chiropractor**

Search for a qualified chiropractor in your area. Verify their credentials, read reviews, and perhaps get recommendations from friends, family, or healthcare professionals.

## Step 4: **Consultation**

Schedule a consultation with the chiropractor to discuss your health history, current issues, and treatment expectations. Ask any questions you may have.

## **Step 5: Examination**

Undergo a physical examination during which the chiropractor will assess your spinal health, posture, and range of motion to customize your care.

## **Step 6: Adjustment Plan**

Review and understand the chiropractic adjustment plan proposed by the chiropractor, ensuring it aligns with your health needs and goals.

## **Step 7: Experiencing Adjustment**

Attend your chiropractic adjustment sessions, where the chiropractor will use controlled force to manipulate joints, aiming to improve spinal motion and physical function.

## **Step 8: Post-Adjustment**

Adhere to any post-adjustment recommendations which may include exercises, dietary suggestions, or follow-up appointments.

# **General Notes**

## **Consult Physician**

Consider consulting with your primary care physician before beginning chiropractic treatment, especially if you have underlying health conditions.

## **Insurance Check**

Verify whether your insurance plan covers chiropractic services and understand any associated costs or limitations.

