

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.

