

Chiropractic Care:

What to Expect at Back Together Chiropractic:

Whether you are familiar with chiropractic care or this is your first time, you can expect your visit to be new and different from any healthcare experience you have had before. Chiropractic is a holistic approach to health!

First Visit:

We will talk about how spinal misalignment (subluxations) occur, how chiropractic is used to correct them.

The Treatment:

After consultation and exam, you will be adjusted on a comfortably cushioned adjustment table. You will remain fully clothed for the duration of your visit. A portion of your adjustment will be done while you are face down, while other adjustments may be made while you are either on your side, sitting upright or resting on your back. The adjustment is purposely intentioned movements of bones with the desired effect being to remove interference to the nerves.

During the treatment time, I also do light massage, stretching, trigger point therapy. The adjustment and treatment is often followed up with use of ice packs, and or cold topical pain relief gel. Though you may have problems (area of pain) in only one area of your spine, I examine the entire spine and adjust where needed to clear all subluxations present.

While being adjusted you may hear a “popping” sound from your joints. Don't be alarmed—it is just the release of gasses between your joints, much like when you crack your knuckles. However, I am not looking to get the “pop sound” when I adjust, but I am looking for restored joint motion. Some techniques used make no sound at all. The spine is meant to bend and be pliable, so each adjustment will help place the vertebrae back into proper alignment to restore proper function. Adjustments are Safe, Natural, and Effective. Although chiropractic is a proven safe and effective treatment, you might experience side effects after your first visit that include, headache, fatigue, and soreness. Side effects from chiropractic care typically are mild and disappear within 24 hours. It is important to drink plenty of water after each visit.

Potential Benefits from Chiropractic:

- Relief from pain
- Quicker recovery
- Improves immunity
- Natural with no drugs or needles
- Restores normal nerve supply
- Improve posture and restore mobility
- Relieve stress, tension and increase energy
- Allows for better sleep

Results may vary due to: severity of injury, how long you have had injury, your age, your overall health and ability to recover, your compliance with care, ability to avoid activities that aggravate the injury.

Material Risks from chiropractic care:

As with any healthcare procedure, there are certain complications or risks that may arise when chiropractic adjustments and other care/procedures are performed. Complications include but are not limited to: fractures of

bone, disc injuries, dislocations, muscle strains. These complications are often rare. Your Chiropractor will make every reasonable effort during the exam to screen for contraindications of care.

I have been informed of the benefits and risks of Chiropractic Care. By signing below, I Consent to being treated with Chiropractic care by use of adjustments and other methods as deemed necessary by Dr Lori Cruz.

Patient Name _____

Patient Signature _____

Date _____