



## Frequently asked questions about Chiropractic care

How does Chiropractic work?

Chiropractic helps to correct postural imbalances and structural misalignments that can accumulate in our bodies due to the wear and tear of daily life. Left unchecked, these changes in the muscles and joints may lead to pain, stiffness or more serious problems. Although the majority of patients see Dr. Marcy Kimpton to improve the health of their spine and nervous system, many also seek treatment for other reasons. This includes all muscle and joint injuries such as sprains and repetitive stress injuries. The customized care that you receive from Dr. Marcy Kimpton may help to improve your posture, muscle balance and mobility in your entire body.

What is an adjustment?

Central to Chiropractic care is the adjustment. This is a gentle, directed pressure that restores joint mobility. Dr. Marcy Kimpton utilizes a variety of techniques specifically for the area being corrected.

Are Chiropractic adjustments safe?

Recent research conducted at the University of Calgary, demonstrated that neck adjustments is done well within the neck's normal range of motion; that no force is applied to arteries during an adjustment; and that arteries are not stretched during an adjustment.(1)

By way of comparison, neck adjustment is significantly safer than other common treatments for headache, neck and back pain. For example, long-term use of non-prescription pain relievers carries a 1000 times greater risk of serious complications than neck adjustment.

(1)Internal forces sustained by the vertebral artery during spinal adjustment therapy, Herzog W, Journal of Manipulative and Physiological Therapeutics, Oct. 25(8): 504-20, 2002

Are all patients adjusted the same way?

No, the method of treatment depends on several factors such as lifestyle, age and overall health as well as patient preference.

How many treatments will I need?

The number of treatment sessions varies with each patient and their individual health goals. Many patients experience an improvement within the first two weeks of frequent visits and are excited to continue with their Chiropractic care. The number of appointments will decrease as your muscles and joints stabilize. Several factors influence the healing progress. For example, how long the patient has had the condition and whether the patient is sticking to the treatment plan. In addition, lifestyle choices will affect your healing such as getting enough rest, exercise and nutrition.

How long do I need Chiropractic care?

Once patients are satisfied with the relief that Chiropractic has provided, many choose to continue with periodic Chiropractic care. They may come as often as twice each month or as little as once every couple of months. This depends on individual lifestyle and health goals. These patients come to their appointments in good health. Choosing this treatment plan will help support the final stages of healing as well as detect and resolve new problems before they cause pain. Dr. Marcy Kimpton offers the very best Chiropractic care regardless of your decision to continue with periodic visits or to call when a new problem arises. She is always happy to help you achieve your health and wellness goals.

What are the most common reasons for going to a Chiropractor?

Many people seek Chiropractic care for neck and back problems. Dr. Marcy Kimpton can also help with other conditions involving the muscles and joints in your body. Some of the most common reasons for seeking Chiropractic care include:

- Headaches
- Neck pain
- Back pain
- Shoulder pain
- Carpal tunnel
- Tennis elbow
- Hip pain
- Knee pain
- Ankle sprains
- Plantar fasciitis (foot pain)
- Muscle strains
- Poor posture
- Sport injury
- Discomfort due to pregnancy

What techniques does Dr. Marcy Kimpton use?

Dr. Marcy Kimpton combines several techniques to provide you with excellent Chiropractic care that suits your needs. These include:

Gentle manual and assisted adjustments

Myofascial release technique and other soft tissue techniques

Custom Orthotics

Simple yoga postures and stretches

Proper ice instruction

Patient involvement and education for home care

E-stim

Do I have to get my neck adjusted?

No. Although the adjustment will often speed up the recovery time, patients always have a choice in the methods used. You can always decide to add neck adjustments to your treatment program at a later date if it is recommended.

Chiropractic care often focuses on reducing interference to the nervous system. The nervous system is extremely important as it controls every function in your body. When a joint is slightly misaligned it can alter both the quality and quantity of the valuable nerve messages. These misalignments may cause pain in different areas of your body as well as cause a general feeling of poor health. Chiropractic adjustments realign the joints to relieve the pressure on the nerves. This allows your nervous system to return to optimal function and facilitate your body's natural healing ability.

*"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."*

*Thomas A. Edison*

If you have further questions about the Chiropractic care provided by Dr. Marcy Kimpton, please don't hesitate to call at 237-5578.