

**“Look well to the spine
for the cause of disease”**

- Hippocrates

Chiropractic for Health

Patient Orientation Newsletter



Welcome!

Thank you for making us your neighborhood chiropractor. We wouldn't be here without people like you, your family and friends. May your journey be wonderful, empowering, and you gain a great understanding of your body that helps you navigate your life naturally, with health and vitality.

Day 1 Review:

Today, you experienced quite a bit! To recap, here's what we covered:

- Office Tour
- Examination
- Traction Tables
- Report of Findings
- The Adjustment
- Home Care Tips

In order to help you acclimate to our office smoothly, we walked you through our office and showed you how to sign in at the touch-screen, showed you the open adjusting area, the traction tables, and the rooms for private consultation and examinations. We have an open concept, so that we may always show you our true intentions, our authenticity and never hide behind procedures or closed doors! We want you to feel like part of the neighborhood—part of our family of fellow health-seekers!



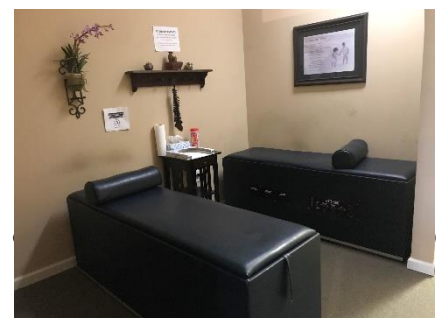
Examination:

During your initial examination we investigated your experience of the issue(s) that brought you into the office. We listened to ensure you were a proper candidate for chiropractic care, performed some exams to see where the dysfunction has been

occurring in your human frame and you experienced for the first time how different weight-bearing positions—even different neck positions—can affect how well your brain communicates to your body.

While the muscle tests may have seemed like a trick, what actually happens, is that we put you into a position that loaded a dysfunctional joint, usually a fixated, or “stuck,” joint. Due to the fixation of the joint, necessary information doesn't get sent from that joint to the brain, so your brain ends up having a “blind spot” in that area. This causes the body to react inappropriately because the brain doesn't have an appropriate “map” of what muscles need to act in order to achieve the desired posture or movement. This has happened the whole time you are out of alignment, it just isn't the easiest to notice because people aren't going around muscle-testing each other!

Traction Tables:





You learned that the traction tables are there for you to get some initial relaxation, to dissolve some stress of the day, and do you remember what the biggest reason for the tables was?

To interrupt the body patterns formed from everyday life that brought you into this clinic in the first place.

When your daily patterning is interrupted, your brain has a chance to reset back to a calm center, which opens you up to being able to receive a corrective adjustment and reset some of those daily patterns, rather than fall right back into them.

Report of Findings:



Here you got to see pictures of your spine! It was explained how certain postures and certain repetitive habits lead to misaligned bones, which then get stressed in dysfunctional ways and then degenerate due to this misaligned stress. The degenerative process immobilizes your vertebral discs, which then dehydrate and expire. The degenerative process also lays down extra bone, which can cause lack of movement and compression or irritation of neural

structures—all of which hampers your brain’s ability to correctly receive and send information from/to the rest of the body. You learned that the brain remembers the posture and habits that you repeat most frequently. The world outside caused you to behave and posture in ways that led to the degenerative process and the reasons why you entered our office in the first place!

We talked about how important spinal motion is for Imbibition of the intervertebral discs: or more simply, the pumping motion of the bones on the discs, which allow nutrients to flow in and waste products to flow out. When this process gets interrupted due to spinal misalignment, the disc degeneration begins, the spine loses height and space for the neural structures housed in the spinal column; which usually leads to back pain and sometimes will result in radiation of pain, numbness, tingling or weakness if severe enough.

Even more important than the pain, is that the degeneration doesn’t have to be severe enough to cause pain, in order to cause nervous system interference. Or simply, spinal misalignments interfere with the brain’s ability to appropriately interpret and inform the body for adapting to daily life. This interference occurs at a subtle level, which can be present without any pain produced in the body.

This led us into the discussion of the classic question... “Well doc, how long is this going to take?”

We mentioned the braces concept in order to put this question into perspective. Braces

are on the teeth for 24/7 in order to realign the teeth to proper position. Getting adjusted every hour of the day would be very impractical and expensive!

This is where personal responsibility and a participatory attitude help care progress faster and with more ease: the longer you can hold that adjustment, the longer your body has practice in remembering this spinal alignment rather than reverting back to the old spinal posture that led to degeneration. Depending on circumstance, daily habits, attention to proper posture and biomechanics, and level of stress, sometimes things get a little worse, then better, then worse, then better. Sometimes they just get better and keep getting better!

Our goal is to work with you to release the life force within you, so that way your own body can do the appropriate healing necessary to resolve your condition(s). Our goal is also to help you achieve a lifestyle that allows you to stay in alignment, rather than relying on us. The length of care will be reflected in how many years it took to put you into a degenerated spine.

So the short answer, after a long answer, is that:

“It takes as long as it takes!”

If it took 10-15 years of bad spinal biomechanics to get you into this office, then it’s certainly going to take more than a year to realign. Your body will remember that 10-15 years a lot longer than a few months of adjustments.



The Adjustment:

After presenting you with your specific spinal challenges, the doctor then had you lay down and test the function of your hamstrings. One was weak, indicating that the signals from the brain were not properly reaching the hamstring on that side. This, as we explained earlier, is due to the spinal misalignment causing irritation to the nervous system and preventing it from firing the controls and commands properly, all the way down the spine to the legs.

Doctor then showed you how different positions of the neck and arms—which change positions of your spine—can actually turn that weak signal to the weak hamstrings back into a strong, connected signal. This is our goal with each visit: to turn the spinal misalignments causing interference into properly positioned vertebrae that are able to transmit your nerve impulses appropriately.

While the results you saw in the strength of your hamstrings, the fact is that when nerves are appropriately transmitted, all the muscles, all the organs and all our senses are filled with life energy and function better than they would without proper spinal alignment. When the brain is more aware of every part of the body, it is able to regulate it more appropriately,

leaving you healthier and able to focus on expressing fun, working hard and enjoying life.



The doctor then performed a spinal adjustment and showed you how all those misfiring, weak muscles were turned ON! You were able to hold these muscle tests, letting us know that nerve flow has reached all parts of your body.

By focusing on the health of your spine, we are subsequently also affecting and improving the health of the whole body! When your brain functions better, **you** function better!

Home Care Tips:

The biggest home care recommendation that we can make is to begin developing more awareness about your own body and the challenges it has in holding proper spinal alignment. “How long did you hold your adjustment?”

This question is critical, so that you may be aware of the hour, minute or even moment that your spine goes out of alignment and

your nervous system begins to misfire, to inappropriately regulate the body.

Not only will this awareness be a better indicator of when to get adjusted, but also will allow you to perform movement, stretches and/or exercises that are beneficial for keeping you in alignment before that misalignment takes such a toll on your health and your body.



The specific stretches and/or exercises that you were recommended will go a long way in helping you maintain your spinal alignment and health in addition to your chiropractic care. As mentioned above, the participation in the care will allow you more results, faster and more long-lasting.

We are excited to have you here as part of our community! We are excited for the changes about to occur in your life, hopefully adding life to your years and years to your life!