



What is Chiropractic

Chiropractic is a natural health care science, which is based on the scientific fact that your body is a self-regulating, self-healing organism. The nervous system and its protective structures, the skull and the spine, are important in the regulation of many of these corrective functions.

Chiropractors refer to dysfunction within the spine as the vertebral subluxation complex. Vertebral Subluxation refers to changes in the bony parts of the joint, the joint surfaces (articular components), ligaments, the muscles that control that joint and the neural (nervous system) changes that occur with that particular dysfunction.

Chiropractic is the science of locating offending structures, the art of reducing their impact on the nervous system and a philosophy of natural health care based on your inborn potential to be healthy.

What is an Adjustment?

An adjustment is a specific, controlled force into the body using the hands, instruments or specific tables to correct misaligned vertebrae. This force is applied in the direction of the misalignment (subluxation) with the intention of restoring its normal position. Restoring the normal position and movement of the vertebrae will decrease the pressure on the exiting nerve root, reduce muscle spasm and decrease irritation to the disc. All this helps improve nerve system function and increases your health potential.

When Should Chiropractic be Used?

Patients seek chiropractic for a number of reasons the most common being: -

- > Headaches
- > Neck Pain
- > Back Pain
- > Pins and Needles
- > Sciatica
- > Disc Problems
- > Joint Pain
- > Whiplash
- > Leg and Arm Pain

Patients also often report other general benefits from chiropractic like: -

- > More Energy
- > Enhanced Athletic Performance
- > Improved Sleep
- > Postural Correction
- > Greater Flexibility
- > Better Movement
- > Mental Clarity
- > Enhanced Senses
- > Reduced Stress
- > Better Wellbeing

Initial Consultation

The initial consultation takes about 40 minutes.

On arrival you will be asked to complete a pre-consultation history questionnaire so the chiropractor can evaluate your current and previous health status. On completion of this form you will be asked to view an educational DVD while your chiropractor reviews your file. The chiropractor will then perform a thorough chiropractic, orthopaedic and neurological examination including X-rays if required. Your chiropractor may need some time to correlate all the findings before any treatment and recommendations for care are given. These will normally be reviewed with you on your following visit called the Report of Findings.

Second Appointment

Your second visit is your Report of Findings and is approximately 30 to 40 minutes duration.

At this stage your x-rays will be fully explained to you and reported on and any health care goals discussed. A comprehensive plan will be prepared in order for you to achieve these goals. The chiropractor will explain the process of chiropractic care and talk you through your first adjustment.

Subsequent Visits

Subsequent visits vary from 5 minutes to 30 minutes depending on your individual needs at the time.

X-ray Imaging

We offer as a service the facility to take spinal x-rays on the premises at Camira-Springfield Chiropractic Centre. An X-ray can allow us to truly determine the cause of your problems and to what extent it may have affected your spine. There are three main reasons your Chiropractor will recommend X-rays: -

- To assist in determining whether your spine is structurally sound, or whether there is any pathology (disease process) present that may affect or hinder your response to chiropractic care.
- To gain information on the function of your spine.
- To identify any variation in your individual anatomy of the joints and skeletal structure that will assist your chiropractic in providing you with the most appropriate care.