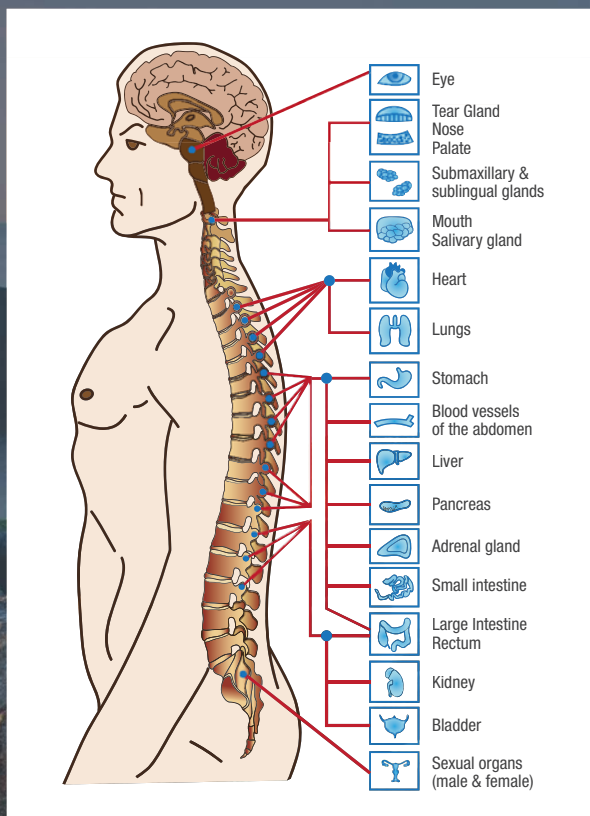


# Conditions Treated

Joint Pain & Stiffness  
Back Pain  
Neck Pain  
Headaches  
Sciatica And Leg Pain & Numbness  
Scoliosis  
Whiplash  
Automobile Accidents  
Disc Problems  
Sports Injuries  
Extremity Complaints  
Pinched Nerves  
Carpal Tunnel Syndrome  
TMJ Syndrome  
Fibromyalgia  
Pregnancy Related Complaints  
Muscle Tension  
Allergies  
Asthma  
Ear Infections  
Digestive Complaints  
Arthritis & Other Joint Issues  
Sinus Congestion

# Spinal Nerve Function Chart



2045 Abbot Road • Asher Court  
East Lansing • MI 48823

517-351-9240

## Hours

Sunday  
9am - 9pm

Monday - Friday  
8:30am - 9:30pm

Saturday  
9am - 5pm

CREATIVE  
WELLNESS

Guide to  
Chiropractic  
Medicine

Eliminate your *pain* with  
expert *chiropractic*





# Chiropractic at a Glance...

## What is Chiropractic?

Chiropractic is a form of healthcare concerned with the relationship between the structure (the spine) and function (coordinated by the nervous system) of your body and how that relationship affects your health. Chiropractic care is used most often to treat neuromusculoskeletal complaints, including but not limited to back pain, neck pain, joint pain throughout the body, and headaches.

## What is the Chiropractic adjustment?

A chiropractic adjustment involves moving a joint beyond its usual range of motion but not beyond the range of motion the joint is designed to move, anatomically speaking. You often will hear a popping or cracking noise during the chiropractic adjustment as the joint is manipulated. This noise is the sound of gas being released from the joint.

The goal of chiropractic adjustment is to relieve pain and provide increased motion which in turn will improve your body's physical function. A chiropractic adjustment is performed by a doctor of chiropractic; whereas a spinal manipulation may be provided by an osteopathic doctor or physical therapist.

## What does the Chiropractor do?

A chiropractor's goal is to restore function and stability not only to your spine, but also to your underlying nervous system. Trying to get your brain to "talk" to every part of your body, to help you reach your full potential. A chiropractor's main tool for restoring the body's function is the chiropractic adjustment.

There are techniques in chiropractic that do not use a "crack" when the patient is adjusted. These are generally called "tonal" techniques. A gentle force, usually the pressure you would use to check a ripe tomato, is used to direct the tissues and vertebrae into correction. In some techniques a pressure, vibration or flick is used to

achieve the same result. Some chiropractors will use an instrument instead of their hands. By helping the spine to function properly, nerve interference at that level will dissipate and allow messages from the brain to communicate with that part of the body more effectively.

## Is it safe for my kids to get adjusted?

Chiropractic care is safe and effective for children. Chiropractic adjusting techniques are modified according to the child's size, weight and unique spinal condition. Child adjustments are both gentle and specific and most parents report that their children enjoy their chiropractic visits and look forward to future ones. Parents will seek chiropractic care for their children for many reasons including spinal trauma from birth, learning how to crawl and walk, participating in childhood activities, colic, ear infections, and asthma just to name a few. Most parents will report that their children experience a heightened level of health while under chiropractic care.

## Is adjustment safe during pregnancy?

Not only is it safe for pregnant women to get adjusted but it will also provide them with many benefits throughout their pregnancy. As the abdomen expands it will exert a significant forward and downward force on the lower portion of the spine. Along with the extra weight there will also be gait changes and the patient's center of gravity will shift, all of these changes can result in back and neck pain. Also in the late stages of pregnancy your body will secrete a hormone called relaxin, which loosens ligaments in preparation for labor. The looser ligaments may exaggerate any existing spinal and pelvic problems.

## What should I expect on my first visit?

When you first get to the chiropractic office, expect to fill out some paperwork about your present complaint and past health history. You will meet with the doctor personally and he/she will ask additional details about your pain and other symptoms. The doctors will ask specific questions about your past health history, especially traumas and chronic issues. A physical exam will be performed which will specifically test the areas of concern, while also monitoring the health of your total spine. This exam may consist of range of motion testing, neurological & orthopedic tests, muscle strength

and reflexes of the arms & legs, and posture analysis. Depending on your case, you may need spinal imaging, such as radiographs or an MRI. Our doctors will refer you to local off-site facilities for imaging studies.

The doctor will explain the exam and findings and a care plan will be formulated to specifically treat your condition. Most patients will begin treatment the same day. Along with the chiropractic adjustment, the chiropractor may also incorporate additional therapies, like hot/cold packs, sports taping or connective tissue release. Chiropractors are also qualified to give nutritional and exercise advice. Depending on your condition, you may need to return for one or more follow-up visits.

## How many treatments will I need?

The number of treatments will vary from patient to patient. Every patient responds uniquely to their adjustment. Some will experience immediate relief, but patients with long-standing pain usually require multiple adjustments in order to experience significant relief from their symptoms.

Treatment frequency will depend on factors such as the duration of your symptoms, severity of your symptoms, your age and your overall health. Treatment frequency will generally range from 2-3 times a week for injuries to once a month for individuals seeking a maintenance care plan.

## Will my insurance cover it?

Creative Wellness does accept insurance and works with most major medical insurance providers for our varied services. Please call your insurance company to ask if your policy covers chiropractic. In cases of auto and workers comp, please call your insurance company prior to your visit. Most medical flex spending accounts can be used for chiropractic. If your insurance policy does not currently cover chiropractic, please let your voice be heard on this issue.