

What is Chiropractic?

Chiropractic is based on the scientific fact that your body is a self-regulating, self-healing organism. These important functions are controlled by the brain, spinal cord, and all the nerves of the body.

The skull protects the delicate tissues of the brain. The moving bones of the spine protect the vulnerable communication pathways of the spinal cord and nerve roots. If the nervous system is impaired, it can cause malfunction of the tissues and organs throughout the body. Doctors call this the Vertebral Subluxation Complex. Vertebral, meaning the bones of the spine. Subluxation, meaning less than a total dislocation. And Complex, meaning consisting of more than one part.

Chiropractic is the science of locating offending spinal structures, the art of reducing their impact to the nervous system, and the philosophy of all things natural.

What is an Adjustment?

A chiropractic adjustment is the art of using a specific force in a precise direction, applied to a joint that is fixated, "locked up", or not moving properly. This adds motion to the joint, helping the bones gradually return to a more normal position and motion. The purpose of this safe and natural procedure is improved spinal function, improved nervous system function, and improved health.

Usually the doctor's hands or a specially designed instrument delivers a brief and highly-accurate thrust. Some adjusting methods are quick, whereas others require a slow and constant pressure.

You may feel light pressure on your spinal joints and / or hear a popping sound, the result of joints opening quickly. Adjustments rarely hurt; instead, you may have immediate pain relief and feel more relaxed.

Why do Chiropractors ask for a detailed health history?

The more information a chiropractor has about your history, your lifestyle and any risk factors you have, the more effectively you can be treated. That means you'll be asked many in-depth questions at your initial consultation in order to give the doctor a full picture of your health and how best to treat you. Your chiropractor is a doctor, who is highly trained and qualified to rule out any contra-indications and fully investigate risk factors before a diagnosis and treatment recommendation can be reached.

Can I Speed the Healing Process?

While there are not any shortcuts to speed your body's natural healing process, there is a lot you can do to give yourself the best chance of a quick recovery.

Learn proper sitting and lifting methods. Specific exercises may be suggested to help retrain the muscles that support your spine.

Proper rest is an important aspect of the healing process, too. Get the appropriate amount of rest your body needs and avoid sleeping on your stomach.

During the healing process, proper nutrition is more important than ever. Make sure you eat balanced meals, and if you are overweight, now would be a good time to slim down and reduce unnecessary stresses to your spine.

Perhaps most important of all, keep your appointments and follow your chiropractic doctor's recommendations for optimum results.

How Long will I need Chiropractic Care?

Most patients find that periodic chiropractic checkups help keep them in tip-top shape. Those who are active, have stressful jobs, or want to be their very best, find that a schedule of preventive visits are helpful in the maintenance of good health.

Some patients seek chiropractic care only when their ache or pain becomes unbearable. While this style of "crisis management" is usually more costly and time-consuming, our office stands ready to help all patients, regardless of their health goals.

How long you decide to benefit from chiropractic care is always up to you.

Who is eligible for Chiropractic Coverage in Saskatchewan?

Everyone who is a resident of Saskatchewan can receive either full or partial coverage of chiropractic care. There may also be additional coverage for those who have received an injury from a motor vehicle accident covered by SGI, or in the workplace covered by WCB.

Information sourced from Back Talk Systems, Inc and the Canadian Chiropractic Association.