

# 10

## Questions

YOU SHOULD ASK BEFORE  
VISITING A CHIROPRACTOR

*by Ryan Anderson D.C.*



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[trestleschiropractic.com](http://trestleschiropractic.com)

My name is Dr. Ryan Anderson D.C. Here is a list of common questions I am asked by new and perspective patients. I hope this is a help to you. Even if I am not the Chiropractor you chose to visit, these are questions you should have answered by the chiropractor you chose to see. I am also available to answer any other questions you might have during a free consultation.

1

### **What does a Chiropractor treat?**

Chiropractors seek to find, detect, and remove Vertebral Subluxations, which are the root of the problem and cause the symptoms.

2

### **What is a Vertebral Subluxation?**

Subluxations are found when a joint in the vertebra becomes stuck in an abnormal position leading to inflammation and irritation to the nearby spinal nerve roots. This results in symptoms like, muscle tension, headaches, pain, and numbness or tingling.

3

### **How will Chiropractic Help me?**

Removal of subluxations will alleviate the pains, stiffness, neurological and even internal symptoms that you are feeling. This is done without the need for drugs or surgery. Improvement is seen almost immediately after the first treatment.

4

### **Can a Chiropractor Help with Migraines and Headaches?**

Many of my patients do find relief from headaches with longer term chiropractic care. Typically they will see a reduction in severity, duration, and frequency of headaches in only a few sessions.

5

### **What is a Chiropractic Adjustment and where is it performed?**

An Adjustment is a gentle amount of pressure used by a Chiropractor to move the vertebra of the neck, mid, and low back into its proper position. I use my hands to make the small changes that remove the vertebral subluxations found throughout the entire spine.

6

**Can you adjust other joints in the body other than the spine?**

Yes. Every joint in the body can be adjusted. However I have found that most problems originate from the spine.

7

**Would it help if to get a Massage before or after an adjustment?**

A massage is not mandatory. However, for some people a [massage](#) beforehand can help them relax during the adjustment. For others they like a massage after to remove the left over muscle tension. There is no right or wrong here.

8

**How long will a visit take and when will I need another?**

A typical office visit takes 10-15 minutes. Most adjustments will last a couple days and then their muscle tension will pull them right back out of place. The more diligent you are about coming in the longer the adjustments will hold over time.

9

**Once I get an adjustment, will I always need to be adjusted?**

After you learned the value of brushing your teeth regularly did you stop? No. Most people chose to continue being adjusted regularly because of how good it makes them feel.

10

**How much will Chiropractic Cost?**

This answer is dependant on several factors including; [insurance coverage](#), severity of symptoms, type of injury, and age. This is why I offer a complementary consultation so that we can figure the details out prior to examination and treatment.

I hope you have found the information here useful. I look forward to serving you and your family soon. Please do not hesitate to call to set up a complementary consultation.

In Health,  
Dr. Ryan Anderson D.C.