

## **Additional Questions**

What do Chiropractors treat?

Doctors of Chiropractic frequently treat individuals with neuromusculoskeletal complaints, such as headaches, joint pain, neck pain, low back pain and sciatica.

Chiropractors also treat patients with osteoarthritis, spinal disk conditions, carpal tunnel syndrome, tendinitis and sprains/strains.

The focus of chiropractic medicine is conditions that affect the human frame, which is composed of your bones, joints, muscles, ligaments and tendons.

The basis of chiropractic medicine is the restoration of normal function and motion of a joint complex. The joint complex consists of a joint between two or more bones and all the surrounding muscles, ligaments and tendons.

When the normal joint mechanics become altered, this affects the function of the surrounding tissues and can cause muscle spasm and most often pain. Chiropractic treatment not only addresses the symptom but also the underlying cause of the pain.

What types of patients does the doctor treat on a daily basis?

I see patients of all ages and with many different injury, pain or health concerns. My youngest patient at the moment is 2 and my oldest is 92!

I see everything from your average slip and fall, to sports injuries or more commonly "I over did it" injuries, which I call overuse or commulative trauma injuries.

The goal of treatment here as whole is restore function, decrease pain, restore flexibility, increase strength and educate the patient on how to prevent it from occurring again.

Got a question for the Doc?

Got a question you need answered? Please e-mail the question to Dr Hendricks and he will respond to you personally as well as posting the question on the site.

Will I need X-rays before I get treated?

Dr Hendricks has X-ray on site and determines the use based upon your clinical need and your symptoms. X-rays are only taken if specifically needed and not on routine basis

Can pregnant woman be treated by a Chiropractor?

Yes! At any time I have at least a few of my female patients that are pregnant. Many of them come in for relief of low back pain.

To accommodate their growing abdomen, I have a table with a collapsing abdominal section that allows that to lay face down.

If you have more questions regarding your pregnancy and possibly treatment. Please feel free to e-mail or call.

What if I have a herniated disc?

I routinely treat patients daily that have herniated discs in either their neck (cervical spine) or low back (lumbar spine). Disc herniations respond very well to conservative care and patients can typically recover without having to under go a more invasive option such as surgery.

Typical treatment for a patient with disc pain/symptoms is the following: 1)electrical stimulation therapy to decrease pain, aid in the relief of inflammation & to decrease muscle spasm, 2)

stretching and spinal traction, 3) gentle mobilization and or manipulation of the spine and lastly 4)at home exercises and stretching.

If you have further questions regarding a disc injury you have suffered and possible treatment, please e-mail or call.

What is Chiropractic?

Chiropractic is a branch of the healing arts, which is concerned with human health and disease processes. Doctors of Chiropractic are physicians who consider man as an integrated being and give special attention to the physiological and biochemical aspects including structural, spinal, musculoskeletal, neurological, vascular, nutritional, emotional and environmental relationships.

The practice and procedures which may be employed by Doctors of Chiropractic are based on the academic and clinical training received in and through accredited chiropractic colleges and include, but are not limited to, the use of current diagnostic and therapeutic procedures. Such procedures specifically include the adjustment and manipulation of the articulations and adjacent tissues of the human body, particularly of the spinal column. Included is the treatment of intersegmental aberrations for alleviation of related functional disorders.

Chiropractic is a drug-free, non-surgical science and, as such, does not include pharmaceuticals or incise surgery. Due regard shall be given to the fact that state laws, as well as the nation's antitrust laws, may allow Doctors of Chiropractic to utilize ancillary health care procedures commonly referred to as being in the common domain.

How many Americans visit doctors of chiropractic per year?

According to results of a survey published in the November 11, 1998 issue of the Journal of the American Medical Association, approximately 11 percent of the population had visited a doctor of chiropractic in the previous year.? According to the US Census Bureau, today there are approximately 288 million people in the United States.? Assuming the 11% annual figure has remained unchanged, the number of people who visit a chiropractor every year is now approximately 31.6 million.