

Commonly Asked Questions

Q: Chiropractors, what do they do?

A: *Chiropractors are doctors who specialize in finding and correcting restrictions and imbalance within the musculoskeletal system. They utilize a broad array of physical treatments (most commonly, spinal adjustments), nutritional strategies and lifestyle modifications. Chiropractic treatments can provide relief from some of the most common aches and pains, and can also have a positive influence on general health.*



Q: What kind of treatment table is that?

A: *We use the **Lloyd Flexion/Distrraction Chiropractic Table**. The pelvic (footward) section of this table has a unique function that allows us **to stretch the lower back muscles and hydrate the intervertebral disc**. The thoracolumbar (middle) section has a release mechanism to accommodate pregnant patients, as well as a **spring-loaded mechanism to stretch the middle and lower back**.*

Q: What is Myofascial Release and Trigger Point Therapy?

A: *Myofascial release and trigger point therapy are safe, and effective, hands-on techniques for treating musculoskeletal conditions. Similarly, they both involve applying gentle sustained pressure into an affected area. Trigger point therapy releases irritating muscular contractions, and myofascial release frees unwanted tissue restrictions. Both techniques are applied to improve joint range of motion and reduce undesirable musculoskeletal symptoms.*

Q: Why does my back hurt?

A: *If you haven't experienced a recent trauma, your daily activities and habitual postures are probably somewhat responsible for your current symptoms. Chiropractic treatments are an effective, drug-free method of treating neck, back, and joint pain. They are also popular with those who seek relief from the effects of everyday stress and tension.*

Tell me more...

The Vertebral Column (aka *the SPINE*)

32-34 Specialized Bones that House and Protect the Spinal Cord

Front to Back

Straight, a column-like design that provides structural strength and postural stability.

From the Side

A double S curve that provides spring-like shock absorption, and a full range of mobility.

The Cervical Spine consists of **7 Cervical Vertebrae** (*the neck*)

The Thoracic Spine consists of **12 Thoracic Vertebrae** (*the upper and middle back*)

The Lumbar Spine consists of **5 Lumbar Vertebrae** (*the lower back*)

The Sacrum consists of **5 Fused Sacral Vertebrae** (*the foundation; between the hips*)

The Coccyx consists of **3-5 Coccygeal Vertebrae** (*the tailbone*)

Shock Absorbers, Pain Receptors, Pressure & Temperature Sensors, Communication Hubs, Blood Flow Regulators, Posture Monitors, Hydration Pumps, Mechanical Levers...

...the spine is at the core of our physical existence. Its interaction with the body's many tissues, organs, and systems is of vital importance to everyone's health and well-being.

Q: Why should I try Chiropractic?

A: Because it works... it's that simple.

