

FINDING A GOOD CHIROPRACTOR

By Dr. Derek Conte

There are many techniques available to doctors of chiropractic, each with their particular criteria. All of them work well when conscientiously administered, the unifying goal of all being the removal of neurological interference to the muscles, organs and glands of the body with specific chiropractic adjustments.

How well the doctor knows the body and how well he adjusts the bones and manages the care of the patient will determine his effectiveness, all other things being equal.

Common complaints I get from patients coming from other chiropractors is that the patients were never really taught how their bodies work by the doctor, that he wasn't thorough in his evaluation, that he never took time to answer questions or that the patient had many visits, getting exactly the same adjustments every other patient got - every visit - and did not really get any better beyond temporary relief of symptoms. Some patients tell me they never received a single



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adjustment from their chiropractor, but only modalities like electrical stimulation, as if under a physical therapist's care.

What should you look for in a chiropractor? First, he should be willing to talk to you about the specifics in your case in terms you can clearly understand and teach you about the workings of your entire body, if necessary. Second, he should determine, by correlating the history with direct examination, exactly which adjustments *you* need to improve your condition now and for the long term. Everyone needs a set of adjustments tailored specifically to them. Spines are like fingerprints; unique to the individual. It just doesn't make sense to adjust everyone in the same way. Finally, the chiropractic

adjustment is the chiropractor's greatest tool for healing. He should never fail to use it when it is needed.

Dr. Derek Conte is a founding member of the new Chiropractic Specialists of Smyrna at 1154 Concord Rd. and is available to speak to your group, free of charge. Questions, call: 404-784-600.