

## **Finding a good Chiropractor**     *Brightside, September, 2014*

*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 does his analysis, 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, or that he never took time to answer questions. Another major complaint I hear is that many visits were recommended - three times per week for months or years – and getting exactly the same adjustments every visit. Not only that, but they got the exact same adjustments every other patient got every visit, and did not really get any more than temporary relief of symptoms. Some patients even tell me they never received a single adjustment from their chiropractor, but were put on machines with rollers or electrical stimulation and nothing else. There was literally no chiropractic in their chiropractic 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. Second, he should determine, by correlating the history with direct examination, ***exactly which adjustments you need individually*** to improve your condition now and for the long term. Everyone needs a set of adjustments tailored specifically to them. Working in this way almost invariably leads to solid improvements and fewer visits over less time, costing much less money. 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.

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