

## Our Approach to Chiropractic Care

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**By Dr. Derek Conte**

Over the years more and more patients come to us with difficult problems not solved by other modalities, whether medical or alternative, including chiropractic. And we've had a very high rate of success with these cases. Why are we getting more and more of them? And why are we having success? I believe the answer rests in our approach to the work.

It is our understanding that the body is continually using energy to renew and heal itself. The body will always try to economize on the amount of energy it expends to accomplish its objectives. Accidents and injuries suffered recently or long ago cause subtle changes in the symmetry of our structure, altering the frequencies of nerve firings and distorting them. Now the natural ease of the body's processes is lost and much more energy must be expended to maintain a less functional system. The body will work diligently, for as long as we live, to correct these problems whether it succeeds or not.

Over the course of years these unresolved problems become ingrained and new problems appear as the body continues its compensation for the older ones. Finally, when all compensations fail, breakdown and disease follow. If left without help the body faces a grave situation. Somewhere along the way, the body needs a little help.....sometimes very little help.

Therefore, we believe (and know from experience), that if a small problem can cause a destructive cascade of events, a small correction can cause a cascade of events that result in miraculous healing. It is the job of the chiropractor to identify the primary, unifying cause of the problem. How well he does this distinguishes him from others. The answer is often highly counterintuitive. The primary area of pain or illness often is not the primary area in need of correction.

Some patients come in with many, seemingly unrelated, complaints of intense pain. It is important for the doctor not to be too taken by pain in one area if it prevents him from seeing the entire landscape of that patient's condition. Remaining calm and objective, he must question the patient closely as to the circumstances, timing and possible causes. Based on his depth of knowledge and experience of how the body works, the doctor develops a picture in his mind and a working theory as to what the root problem is, and follow that with more questions to support or disprove that model. The patient may think these questions are irrelevant and avoid giving clear answers but the doctor must persist here, because this is where the most promising truths often reside. This is not only a process of logic, human anatomy and physiology, but an intuitive process as well.

When the time is taken, and concentration of mind is employed to get the answers early on, success and relief are often close at hand. For instance, a patient bent over with terrible low back pain and blown discs can be restored to a normal posture and be pain free by making a subtle correction of the vertebra at the top of the neck, without adjusting the low back at all. While not typical, this patient is in a position to reverse the destruction of his discs and, over time, heal them.

There are some cases too, which are very straight-forward and addressed as such, but the difference is in knowing which is which!

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