

# Frequently Asked Chiropractic Questions

This month we would like to share these answers to questions we are asked here at Family Chiropractic Center very often.

## WHAT CAUSES THE SOUND DURING AN ADJUSTMENT?

Not all do create a sound. Many techniques do create the sound of a spinal release. This sound appears to be caused by gas rushing in to fill the vacuum created when the joints were slightly separated.

## IS IT BAD TO "CRACK" YOUR NECK/BACK A LOT?

The reason for the desire to pop these areas is caused by tension from a jammed or fixated vertebra, which causes another part of the spine to compensate by moving too much and "popping" a lot. Dr. Lou or Dr. Perry should adjust the jammed area. This will allow for the rest of the spinal column to balance and stop being so movable and noisy.

## SO I'M NOT "ADJUSTING" MYSELF?

Cracking/ popping your neck gives relief but only short term. This causes the sensation to want to crack the problem area over and over again. The spinal tension needs to be corrected. Come in for your adjustment!

## IS CHIROPRACTIC CARE ADDICTIVE?

If it were, there would be a lot less sick people around. Although it is possible to get used to feeling of more balanced, less stressed and more energetic as a result of periodic care. You may become more aware of when you've lost your adjustment from visits on a regular basis.

## AT WHAT AGE SHOULD CHIROPRACTIC CARE BEGIN?

Newborns can receive care. It can be especially effective for those suffering from: ear aches, digestive problems, constipation and colic.

## WHAT WILL HAPPEN IF I STOP GOING?

Spine and nerve stress will continue to increase to the level it was at prior to care. If the stress is not relieved, your body and overall health will suffer.

## CAN A PERSON WHO HAD BACK SURGERY SEE A CHIROPRACTOR?

YES. Unfortunately, up to half of those who have had spinal surgery return to their original symptoms months or years later. Chiropractic care may help prevent repeated operations. Once a joint is fused or screwed implanted then the joints above and below are under added stress, which leads to rapid deterioration of the bones and discs. Maintenance care is essential!

### \*\*\*Importance of Spinal Care Class\*\*\*

Those that attend a class here with Dr. Lou will make the best patients because they know what is trying to be achieved by their adjustments. The class is very informative and will give you a better understanding of your body and what chiropractic can achieve for you!

### Weekly Office Hours

Monday, Wednesday, Friday  
9am -12pm and 3:30pm-8pm  
Tuesday Evenings  
3:30pm-8pm

### Future Spinal Care Classes

--December 2<sup>nd</sup> at 7:30pm

Please attend a class if you haven't already!  
Feel free to bring a friend or family member ☺

**NOVEMBER 27<sup>TH</sup> WE ARE OPEN FOR A HALF DAY!**