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The 7 Questions You Must Ask Before Choosing a Chiropractor



By Dr. Vince Leone

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Dear Reader,

I would first like to thank you for taking the time to download and read this report. You are that much closer to getting out of pain and into a healthier lifestyle!

Choosing a chiropractor can be a difficult decision and I hope through this report that you will at least get some good information to make an informed decision. Unfortunately, chiropractic has a mixed perception in the general community, mainly due to the profession never putting out a clear message of exactly what we do.

At its most basic, chiropractic deals with musculoskeletal conditions such as headaches, neck pain and back pain. By assessing the spine through some type of objective tool such as x-rays, we are able to determine whether there is a structural issue in your spine that is causing you pain. What generally happens is that through stress or injury, a spinal bone rotates out of position, puts pressure on a nerve and that causes you pain. We identify the culprit, put it back in place taking pressure off the nerve and ta daa!! No more pain.

Now, through clinical experience I've seen people get even better results such as improved immune system, better range of motion and flexibility, more energy, better sleep, better digestion, etc. How could this happen you say? Well, the nervous system (your brain and spinal cord) runs through your spine and as we take pressure of those nerves, not only does the pain go away, but the nervous system is able to function better! How cool is that?

So when/if you do go to a chiropractor – in my opinion – the first goal is to get you out of pain so you can have a better quality of life. Then focus on building up your body so that you're healthier, feel great and are more resistive to injuries in the future. If that sounds good to you, I encourage you to find a good local chiropractor to help you meet your health goals.

I know your time is valuable so thank you again for researching chiropractic and reading this report. I hope that our paths may cross in the future.

Sincerely,

Dr. Vince Leone

1. Are they a great listener?

Due to the nature of treatment with chiropractic, you will generally see the doctor several times over the course of your care and it is vital that they do not “yes” you to death. Does that make sense? The changes in your condition are very important for the doctor to note and keep track of and if you see the doctor’s eyes glass over when you tell them how you’re feeling, that may be a good sign to try someone else. Also, a good bedside manner will always put you at ease and I’ve found that this is the best environment in which to heal – where you feel comfortable with the doctor/patient relationship, the direction your care is going and your overall confidence in his/her ability.

2. Is the doctor up to date in terms of technology?

Experience is great, but not at the expense of patient progress. What do I mean by this? There have been many advances in drug free, surgery free treatment for conditions of the spine that go beyond just traditional adjusting by hand. Therapies such as cold laser, instrument adjusting (very gentle with no twisting or popping noises), nutritional cleanse therapy and spinal decompression are just a few of the many things that are available that can rapidly speed up the healing process as opposed to just adjusting by hand. Due to the many stresses and toxins in our environment, patients will often present with more complex conditions that deserve a more comprehensive approach.

3. Do they have a wonderful staff?

Isn’t it terrible when you are in pain, maybe even a little scared about what’s going on in your body, and when you finally choose a doctor - you feel like you’re inconveniencing their staff when you show up? It is vital to have a warm, comfortable environment to heal in and that’s what a great staff will provide – from the moment you walk in the door for your first visit, to the handling of your insurance, to the daily visits. Without this, you may even end up dread going, even if you’re feeling better!

4. Are there affordable, outside financing plans available?

Let's face it, the world of insurance is far from perfect and rarely do they actually put the patient's health as the primary objective. More likely their the insurance company's bottom line is what they put first and that will generally place some or all, of the financial investment in your health - in your lap. This is where reputable, affordable financing plans come into play and they must be available. When it comes to your health, you do not want to end up owing your doctor money – it strains the relationship and it's better to have an independent reputable company to act as the middle man.

5. Is the doctor respectable in regards to their appearance and demeanor?

Unfortunately, some doctors see their license as a right as opposed to a privilege and act those feelings out on a daily basis. This should probably be common sense, but if you walk in and the doctor is in shorts and a Hawaiian shirt (or anything similar), chances are his/her attitude towards your health will be just as laid back. Health care, and Chiropractic in particular, is a wonderful profession to be in as well as an honor; your Chiropractor should see it that way as well and act/dress accordingly, which should then spill over into his/her commitment to your health.

6. Do they adamantly tell you that you need to come in weekly for the rest of your life (or something similar)?

This is one of the most controversial topics when it comes to Chiropractic (and I will probably get some angry emails from colleagues) so please let me explain a little further. The spine is just like your teeth, and it needs to be maintained just like your teeth, in order keep it in great health. Once we treat your condition and get you back or as close as possible to pre-injury status, it does make sense to maintain your spine, just like your teeth. The problem is, everyone is different, and to tell every patient that they need to be seen weekly is excessive in my opinion.

You know your body best and your body will tell you when it needs to be adjusted. I generally recommend my patients start at one time per month to maintain the wonderful results they have achieved to that point,

and we will increase or decrease the frequency according to how you respond. Everybody's spine and stress levels are different and need to be treated individually. And frankly, if you're not interested in maintenance, that's not a problem. From our perspective, we hope that you had a great experience and if you need a Chiropractor in the future, that you think of us. That's the most any Chiropractor should ask of you.

7. Does your Chiropractor have a strong network of other healthcare providers?

In the past, there is no doubt that there was animosity between the medical and chiropractic fields – but this is no longer the past. If your Chiropractor is bashing the medical field (or frankly, vice versa), that may be a good reason to seek out additional options. Chiropractic is wonderful and can help many conditions, but obviously it cannot treat all conditions. Due to this, it's imperative that your Chiropractor have trusted colleagues to refer you out to if the need arises; regardless of whether it's an orthopedic surgeon, neurologist, etc. your Chiropractor should have strong relationships with people he/she trusts to keep you in the best hands possible should the need for a referral occur. This also goes a long way in showing how well respected your Chiropractor is in his/her community.

About the author: Dr. Vince Leone of Leone Family Chiropractic has been helping people in the Tacoma community for the last three years and focuses on advanced technology in his practice to treat chronic conditions of the spine and body. Dr. Leone is currently on the advisory committee for the Washington State Chiropractic Association and can be reached at 253-503-3961 or drvinceleone@gmail.com. To learn more about Dr. Leone and the conditions he treats, you can visit his website at www.ChiropracticofTacoma.com for videos and detailed information.

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