

FAQS

Frequently Asked Questions

A Chiropractor's job is to restore the normal function of the spine as much as possible and thereby restore the function of the nervous system. It is crucial to maintain good nervous system function because the nervous system controls and coordinates all functions in the human body. Specifically, chiropractic adjustments decrease pain and inflammation, decrease motion restrictions (improve range of motion), relieve muscle tension, and improve circulation. At Towers Family Chiropractic we also offer nutrition services which complement the chiropractic care; the healing process requires that missing nutrients be replaced and toxins be eliminated. This can be accomplished through diet changes and supplementation.

If you don't find answers here, give us a call at 343-6636

- [What does a Chiropractor do?](#)
- [What is a spinal adjustment and what is an extremity adjustment?](#)
- [What problems does a Vertebral Subluxation cause?](#)
- [Will the adjustment hurt/ is chiropractic safe?](#)
- [What is a chiropractic technique?](#)
- [How much will the first visit cost?](#)
- [Can I use my insurance?](#)
- [Can people over 65 years of age benefit from chiropractic care?](#)
- [Will Medicare cover chiropractic care?](#)
- [Can kids get adjusted?](#)
- [Why would a child need to be adjusted?](#)
- [How long will it take to fix my problem?](#)

What is a spinal adjustment and what is an extremity adjustment?

A spinal adjustment is the application of a corrective force to a specific area of the spine. The purpose is to reduce or eliminate the dysfunction or restriction in a specific spinal joint complex to restore normal motion and function. The dysfunction in a specific spinal joint complex is called a Vertebral Subluxation or misalignment. An extremity adjustment is the application of a corrective force to a joint complex, other than the spine, to restore normal function to the joint.

Extremities include feet, knees, hips, shoulders, elbows, and hands. Adjustments decrease pain and inflammation and increase range of motion and circulation. Often an extremity adjustment is necessary before healing and rehabilitation may begin—extremity subluxations may prevent spinal problems from correcting.

What problems does a Vertebral Subluxation cause?

The vertebral subluxation first changes your ability to turn and bend. Next, the muscles may become tight and go into spasm. The tight muscles and lack of motion directly affect the nerves exiting at each level of a spinal vertebrae (bone). This may cause symptoms to appear elsewhere in the body. As the body tries to correct the problem we often find inflammation in the area of the vertebral subluxation. The area of inflammation will be tender, swollen, warm, and perhaps red in color. Over time if these problems are not corrected, arthritis often develops in the area of the worst joint dysfunction or subluxation.

Will the adjustment hurt/ is chiropractic safe?

Chiropractic is extremely safe and adjustments rarely hurt. Most people experience a significant decrease in the pain and have increased energy levels following adjustments. After the first or second adjustment some people may experience muscle soreness. This is because when you are adjusted certain muscles that attach to the spine will begin to work completely

differently—they will in fact function more efficiently. This may cause temporary soreness as the body returns to better function. The soreness rarely lasts for more than a day.

What is a chiropractic technique?

A chiropractic technique is a method of analyzing and delivering chiropractic adjustments. There are many different techniques. They have each been developed by a doctor or doctors in the past. They are all very effective for restoring the spine and nervous system to optimal health. Some of the chiropractic techniques I use are Chiropractic Biophysics Technique, Craniosacral Technique, Activator Methods Chiropractic Technique, and Diversified Technique

How much will the first visit cost?

It all depends on the type of insurance you have and the services provided. Call us with any specific questions. We will be happy to answer them.

Can I use my insurance?

Most insurance plans includes benefits for chiropractic care. We are not in network with any private insurance companies but we are happy to provide you with bills to submit to your insurance. When you arrive for your first appointment, we will be happy to help you with insurance questions.

Can people over 65 years of age benefit from chiropractic care?

Absolutely!, We are getting excellent results resolving problems some people have had for 30 or 40 years.

Will Medicare cover chiropractic care?

Yes, the Department of Health and Human Services has been providing payment for chiropractic adjustments for a number of years. All services are not covered as will be explained to you on your first visit.

Can kids get adjusted?

Yes , we use specific techniques for children. Research has shown people who need back surgery very often had back problems early in life. Children heal much faster than adults. All children should be checked for vertebral subluxation.

Why would a child need to be adjusted?

See the discussion in [Adjusting children](#).

How long will it take to fix my problem?

We do not treat anyone any longer than he or she needs or wants to be treated. Symptomatic care may be as few as six treatments. /Corrective care may take a matter of months or years.