

## Expectations

### Length of care

In some cases, treatment may begin on the first visit. Length of treatment will vary for each person, but many patients will begin to feel better after a few visits. People who have lived with long-term back pain or have degenerative problems will typically be in treatment longer. People may also choose periodic care to maintain healthy spine and joint function.

### A healing partnership

Your chiropractor will work with you to establish goals to measure your progress. Chiropractors are trained to prescribe therapeutic exercise, provide nutritional counselling and recommend rehabilitation and injury prevention strategies to help you participate in your care.

## First visit

### What to expect on a first visit

If you are visiting a chiropractor for the first time, expect to provide a health history. This may include asking you about any illnesses, past surgeries, medications and other health issues. The chiropractor will ask you about your pain and conduct a physical examination to assess and diagnose the problem. Sometimes x-rays may be required.

Your chiropractor will explain the findings of the assessment to you and discuss the treatment recommendations, ensuring your consent to treatment is informed and your questions are answered.

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## Contact information

# Chiropractic Care & Back Pain



Canadian Chiropractic Association



### Causes of back pain

Back pain. It's a problem that affects millions of Canadians. When your back hurts, many other things suffer too. Simple everyday tasks like getting in and out of a car, putting on a coat, picking up a child, sitting at a desk or standing for periods of time may become unmanageable.

There are many causes of back pain. Injuries, heavy lifting, ageing, recreational activities, pregnancy and the stress of everyday life can all cause back pain. Many people choose to just 'tough it out' but there is a better way.

### Did you know?

A Doctor of Chiropractic (DC) is highly trained to diagnose the causes of back pain and provide hands-on treatment that works. Ignoring back pain doesn't make it go away. In fact, it can make it worse. It's important to treat not just the symptoms, but also the cause.

If back pain is affecting your ability to get through the day and keeping you away from your favorite activities, consider chiropractic care. A chiropractor will assess your symptoms, diagnose your condition, and recommend a treatment plan to put you on the road to recovery. Your chiropractor can also provide expert advice to help you prevent pain and injury from recurring.

### Getting back in action

Chiropractic care can restore healthy function to your spine and the related muscles and ligaments to get you moving again. Chiropractors are specialists in adjustment of the vertebrae of the spine and other joints of the body. Adjustment helps relieve pain and restore normal movement – so you can enjoy your everyday activities again as quickly as possible. Complications are rare and side-effects such as temporary soreness are usually minor.

Chiropractors acquire their skills through an intensive four-year, full-time course of study after three years of university education.

### Patients play a role

The success of any treatment relies on patients playing an active role. Simple things to keep in mind include warming up before and stretching after physical activities, keeping backpacks and purses light, lifting objects safely, and stretching after an hour of television viewing or sitting at the computer.



### When should I consider chiropractic care?

If you experience back pain that lasts more than a few days, consult a chiropractor for an assessment. Your chiropractor will recommend a course of treatment specific to you which may include spinal adjustments, joint mobilization, muscle release techniques, muscle stimulation, and therapeutic exercises.

Most people respond well to treatment and get back to their regular activities faster than waiting it out.

### Evidence-based

Chiropractors are regulated health professionals and members of your health care team. Chiropractic care has been researched extensively. Your chiropractor is well-trained to determine if your problem will respond to chiropractic care or if you require referral to another health care professional.

