

## Expectations

### Length of care

In some cases, treatment may begin on the first visit. Length of treatment will vary for each person and condition. People who have lived with long-term pain or have degenerative problems will typically be in treatment longer. Successful treatment of repetitive strain requires a combination of chiropractic care and addressing the source of the repetitive strain.

### 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 & Repetitive Strain



Canadian Chiropractic Association



### What is repetitive strain?

Repetitive strain injury is typically caused by rapid, repeated use of muscles and joints. Numbness, tingling and burning sensations, swelling and aching pain are among the most common symptoms. It affects a broad variety of people from athletes such as tennis players and golfers to trades people like jackhammer operators and assembly line workers. Video gaming, computer use and even crafts like knitting are all associated with repetitive strain injuries.

Common types of repetitive strain include carpal tunnel syndrome, golfer's elbow, tennis elbow and rotator cuff injuries. Left untreated, repetitive strain can cause injuries that may not heal without a long break from the cause.

### Did you know?

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

If repetitive strain injury 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 joints and the related muscles and ligaments to get you moving again. Your chiropractor will recommend a course of treatment specific to you that may include life and work style changes, adjustment and mobilization of the joints, ultrasound, muscle release techniques, muscle stimulation, and therapeutic exercises. 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. Treating repetitive strain may require making changes to your work station, taking breaks to relax overworked muscles and joints, and exercises to relieve stress and strengthen the affected parts of your body.



### When should I consider chiropractic care?

If you begin to experience pain in your hands, wrists, arms or shoulders, consult a chiropractor for an assessment.

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.

