

Know Before You Go



The Basics:

- Tell your chiropractor about your:
 - Symptoms
 - How your injury happened
 - Test results
 - Job duties
 - Other doctor or therapist visits
 - What gives you relief for your symptoms
- Your chiropractor will make a treatment plan for you, which will include short-term, long-term and home goals in order to help you get back to work
- Visits last about 30 minutes to 1 hour

Questions or concerns?

Call 866.389.0211 to speak to a One Call Representative.

Chiropractors focus on moving your spine or joints. The goal is to help any problems keeping you from being able to move and to help your body to heal. Chiropractors do not perform surgery and do not give you medicine.

What to Expect

Your Evaluation:

- Arrive 15-20 minutes early to your first appointment for any paperwork
- Wear:
 - Comfortable, loose fitting clothing
 - Short sleeves for upper body injuries
 - Shorts for lower body injuries
 - No jewelry
- Bring:
 - A list of all medications you are taking
 - Any medical reports or test results about your injury
 - A photo ID
- Follow your physician's advice about medications
- During your first appointment, you and your chiropractor will talk about his or her treatment plan for you, your medical history and injury information and do a physical exam
- Your chiropractor may order tests such as X-Rays, MRIs, ultrasounds or additional items for treatment such as hot/cold packs or massage
- Exercises may be recommended to strengthen or stretch the muscle
- Your chiropractor may also teach you correct posture and body movements

Follow Up Appointments:

- Go to all your appointments
- Make up any missed appointments