

Dr. Tim Mandzak B.Sc., DC. - Chiropractor



1. SHOULD I SEE A CHIROPRACTOR?

Eight out of ten Canadians will experience back pain at some point in their life, and at least one third of people in Ontario will have back pain at any given time. For many people, the pain can keep them away from work, school or even their day-to-day activities. If pain causes interruptions and restrictions in the activities of your daily life then you should consult a health care provider.

Chiropractors are regulated primary health care professionals, and they are one of only five classes of health care professionals in Ontario that are able to use the title Doctor, with its accompanying rights and obligations. Chiropractors are highly educated and extensively trained to assess, diagnosis, treat and prevent conditions disorders of the spine, joints, muscle and nervous systems. Many patients seek chiropractic treatment for wellness care. Others, like seniors, who find that treatment helps them to maintain mobility and good range of motion. Pain should never become a way of life, especially when there is qualified help available.

SOME OF THE REASONS 4 MILLION CANADIANS SEE A CHIROPRACTOR

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| •Arthritis | •Strains and sprains from | •Work and sports-related |
| •Back pain | daily activities | injuries |
| •Neck pain | •Shoulder, Knee, Elbow | •General health and well- |
| •Headache | and Wrist pain | being |
| •Whiplash | | |

2. WHAT IS A CHIROPRACTIC TREATMENT?

Chiropractors have a variety of treatment options within their scope. These include but are not limited to, Physiotherapy Modalities, Soft Tissue Techniques (Massage), Rehabilitative Exercise, and Chiropractic Adjustments.

A Chiropractic adjustment is a highly skilled and precise movement usually applied by hand to a joint of the body. Adjustments loosens the joint to restore proper movement and optimize function. When a joint is adjusted, a gas bubble escapes causing the popping noise you may have heard about.

Chiropractic adjustment techniques have been researched extensively. Complications are rare and side-effects, such as temporary soreness, are usually minor. Your chiropractor is well-trained to determine if your problem will respond to chiropractic care or if you require referral to another health care provider.

3. WHAT ARE THE BENEFITS OF CHIROPRACTIC CARE?

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| •Improve movement in your neck,
shoulders, back and torso | •Provide relief from headaches, neck, back
and limb pain |
| •Improve your posture | |

- Help prevent work-related muscle and joint injuries
- Lead to enhanced athletic performance

- Improve your flexibility and range of motion,
- Relieve pregnancy-related back ache

4. IS CHIROPRACTIC CARE SAFE?

Chiropractic is widely recognized as one of the safest, drug-free, non-invasive therapies available for the treatment of headache, and neck and back pain. It has an excellent safety record. However, no health treatment is completely free of potential adverse effects. Even common over-the-counter medicines carry a risk.

Most patients experience immediate relief following an adjustment, however, some may experience temporary pain, stiffness or slight swelling. Some patients may also experience temporary dizziness, local numbness, or radiating pain. However, adverse effects associated with spinal adjustment are typically minor and short-lived

5. DOES CHIROPRACTIC CARE REQUIRE A REFERRAL FROM A MEDICAL DOCTOR?

Chiropractors are legislated as primary contact health professionals in every province in Canada. This means that patients can consult them directly. However, chiropractors often work closely with medical doctors, many of whom refer to chiropractors when they believe chiropractic treatment will help alleviate a patient's condition. Similarly, chiropractors frequently refer to medical doctors when necessary.

6. CAN CHIROPRACTIC CARE CURE OTHER AILMENTS BESIDES BACK PAIN?

Chiropractic care cannot "cure" every ailment, but there is some evidence to indicate that adjustments may have a beneficial effect on a variety of conditions. Adjustment may alleviate some of the secondary or referred pain, arising from the response of the musculoskeletal structures to the primary cause. In many instances, chiropractors work in conjunction with other health care professionals, including medical doctors and/or sports medicine doctors, massage therapists and physiotherapists.

7. DOES CHIROPRACTIC CARE REQUIRE X-RAYS?

X-rays can play an important role in diagnosis and are taken when a need has been determined after taking a patient case history and conducting a physical examination. Chiropractors receive 360 hours of education in radiology covering a full range of topics from protection to X-ray interpretation and diagnosis. Governments in every province have recognized the training and competence of chiropractors to take and interpret X-rays and have granted them this right.

8. HOW DO YOU FIND A GOOD CHIROPRACTOR?

- Word of mouth
- Friends, family and co-workers
- Referrals from other health care practitioners