

HOW TO CHOOSE A CHIROPRACTOR

INTRODUCTION

With many of the current changes in health care taking effect, people are now looking beyond classical medical care for answers to their health problems. More people than ever are seeking the care of a chiropractor. As with all doctors, chiropractors have personality differences, individual philosophical differences and different technical approaches to resolve a patient's health problems. Not knowing who to go to or who to trust is a very big problem for someone new to chiropractic. Some may begin with the yellow pages or their managed care physician directory. Others may get a referral from a friend or an organization. This guide should hopefully make the selection process easier. By giving you some basic criteria, you should feel more confident you've chosen the right doctor for you.

DID THE DOCTOR GRADUATE FROM AN ACCREDITED CHIROPRACTIC COLLEGE?

Was the college the doctor attended accredited by the Council on Chiropractic Education (CCE)? This is important because accredited schools must meet certain standards. Certain curricula must be taught. The doctor must also pass, while in school, the National Board Examinations as well as a state board examination before he is allowed to practice.

DOES THE DOCTOR REGULARLY ATTEND CONTINUING EDUCATION SEMINARS?

Wouldn't you want your doctor to be current on the latest methods of care? Chiropractors have many opportunities for post-graduate educational programs. They may include technique, X-ray, biomechanics, current research, sports certification, diplomate programs in neurology, orthopedics and nutrition as well as other programs. A doctor can stay ahead by attending yearly seminars and by reading the latest journals and magazines.

DOES THE DOCTOR USE PHYSIOTHERAPY OR THEIR HANDS?

Most chiropractors will use physiotherapy (ultrasound, heat, ice, muscle stim, microcurrent) to assist a patient in getting out of pain quickly. Patients in pain want a quick solution to the pain and expect fast relief. The machines commonly used for pain relief may help when used in addition to manipulation, the main therapy used by chiropractors. The current trend is away from this type of passive treatment.

DOES THE DOCTOR UTILIZE MYOFASCIAL RELEASE THERAPY OR GRASTON TECHNIQUE AND ACTIVE EXERCISE

Surrounding the spine, your arms and your legs are muscles. When these organs dysfunction, they shorten, cramp, cause pain and affect the function of the joints and other structures they surround. Many methods have been used to address muscular problems such as trigger point therapy, massage, myofascial release technique's and spray and stretch.

Myofascial Release and Graston differs from other muscle treatment methods in the depth within the muscle that the doctor treats. The effects of Myofascial Release and Graston are long-term and it will significantly improve muscle function. You will notice a major change in any muscle treated with this method. Myofascial Release and Graston work by breaking up the scar tissue between muscles, within muscles and between connective tissue and the nerves. Any injury to a muscle results in scar tissue. Since joint pain and malfunction is often incorrectly assumed to be arthritic in origin, Myofascial Release and Graston can have a direct long-term affect on the cause of muscular pain and dysfunction and the overall way you feel. Graston Technique uses uniquely shaped tools vs. Myofascial Release that is done by hand.

These methods offer consistent results on lower back pain, tendonitis, carpal-tunnel syndrome, neck pain, shin splints and muscle pulls of all types. Specific soft tissue examination and diagnosis is high-tech and "hands-on," reducing the need for expensive therapy machinery. Active exercise is then used to

strengthen the muscle tissue that has been treated.

DOES THE DOCTOR MONITOR PROGRESS THROUGH PERIODIC REEVALUATIONS?

A doctor should periodically re-evaluate a patient's progress and openly share this information with the patient. Since an examination is objective and the way you feel is subjective, reevaluations lead to better care and better results.

DO THE DOCTOR'S TREATMENT PLANS MAKE SENSE?

A mild lower back strain shouldn't require 40 visits. A herniated disc however, may require up to 20. The more complicated a condition is, the longer it will take to restore function to the area. Chiropractic rehabilitation is about restoring function, whereas medication is for pain relief only. Poor function creates the painful condition. When you finally notice pain, the condition is usually chronic and the area is functioning poorly.

Your doctor's goal should be to restore function quickly. Effective treatment results in improvement. Ineffective treatment may give you temporary relief but poor long-term results. If you are not improved, we will either reevaluate you, change the treatment regimen or refer you for additional testing or evaluation.

WHAT CAN YOU EXPECT FROM OUR OFFICE?

- Dr. Charschan is a graduate of National College of Chiropractic and is Certified in Sports Injuries by New York Chiropractic College and the Academy of Chiropractic Sports Physicians. Both schools are accredited.
- Dr. Charschan attend yearly continuing education seminars sponsored by accredited chiropractic colleges. Dr. Charschan also regularly reads the current journals to keep up with his ever changing field.
- Our office uses MyofascialRelease and Graston Technique as needed to assist in resolving a patients problem. Patients use the "in office" Rehab Suite with universal gym to strengthen the treated areas.
- While under our care, you will be periodically reevaluated and shown your progress.
- At Charschan Chiropractic and Sports Injury Associates, treatment is conservative and appropriate for the condition. Our goal is not just pain relief. We are part of your health care team. Our friendly staff will help guide you through the insurance maze, and will do what is necessary to help you resolve your problem quickly.

"Earning your trust since 1988"

For further information, call

Charschan Chiropractic and Sports Injury Associates

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Main Office (732) 846 - 6400

1281 Raritan Rd. Scotch Plains, NJ 07076

Satellite office (732) 829 - 0009

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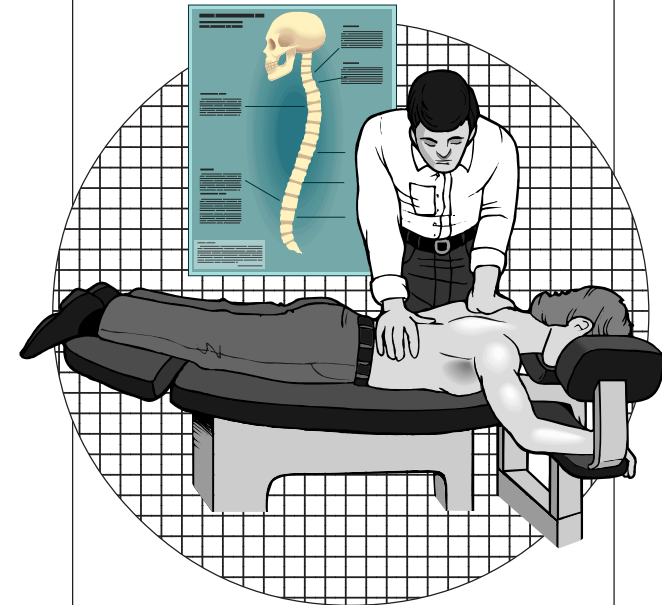
<http://www.backfixer1.com>

<http://www.njrunningdoc.com>

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