

I came across this list, originally from ChiroWeb.net, on another chiropractor's web site. It contains helpful information for people considering chiropractic, as well as for their other doctors.

Common Chiropractic Misconceptions/Myths

Why do I have to go so frequently for treatment? Is it really necessary?

The best way to answer this is to use an analogy. If you had an infection and visited your MD, there is a chance he would prescribe an antibiotic to fight the infection. That prescription might need to be taken twice a day for 14 days. In that 14 day time period you received 28 treatments. It doesn't seem like it because you only had one actual visit to the office. In chiropractic, the treatment is given in the office, not at home and not out of a bottle. So if you were to receive treatment three times per week for nine weeks, while it may seem like a lot of treatment, you were actually treated one time less than in the medical analogy given above.

It seems like once you start going to a chiropractor you have to go forever!

In actuality, many patients **choose** to receive chiropractic throughout their lives because they see the improvements in their lifestyle and health. Let's face it, our society is geared towards fast food, fast cars, and immediate gratification. It is no wonder that people also want fast healthcare. Let's give you another analogy that may help. Diabetics and those with allergies sometimes need medication every day or every week of their life! In some cases patients with significant structural problems need structural support for long periods of time and perhaps the rest of their life. While these types of problems are not an everyday occurrence in my office, they do happen. Most people who come to my office for care for longer periods of time simply like the way they feel and choose to utilize chiropractic treatment more thoroughly than others.

My medical doctor doesn't want me to utilize chiropractic.

While this situation was common over 20 years ago, there are still patients who occasionally tell me this. It is unfortunate that this occurs. I personally don't believe that any one doctor has all of the answers. That is why I refer to most other types of doctors when the need arises. In most cases, the medical doctor who has this attitude may still carry the prejudices of years past or has a total misunderstanding of what chiropractic treatment consists of and what our goals of treatment are. I have found that if this ever occurs, a telephone call by me to your doctor can help alleviate any concerns your medical doctor has with treatment.

Chiropractors are not "real" doctors.

This statement is true if you mean medical doctors. We certainly aren't medical doctors and have chosen not to be. When I decided to enter chiropractic school, I chose to enter a healing art that concentrated on the spine and nervous system. I chose a field of study that looked for the structural causes of health conditions and how a patient's condition could be corrected rather than entering a field of medicine, which in many cases, chose to cover up symptoms through the use of drugs.

Chiropractors are not allowed to use drugs or perform surgery.

While this is a true statement by statute, I refer to the last question for an answer. When chiropractors enter chiropractic school, they choose to enter a healing art that does not use medication or surgery as its treatment choice. So, it is not a matter of not allowed to; it is a matter of don't want to.

Why do I have to keep coming, the pain is gone!

This goes back to the concept of threshold level of pain. With treatment, the pain level is reduced or gone. In many cases, if treatment is stopped at that time, the bulk of the condition is still looming behind the scenes or below the water line (threshold level of pain). Once normal activity is resumed and the normal daily stresses occur, the pain will again re-appear. That is why I re-examine patients from time to time to determine where they are in care and have a better indication as to what is needed.