

A SPECIAL MESSAGE TO ALL MEDICAL PROFESSIONALS

This kit is informational for medical professionals who contemplate referring patients for chiropractic care. - **Prepared by Robin W. Gooden, D.C.**



WHY REFER TO CHIROPRACTIC?

If your patient is not responding to traditional medical care, a referral to a chiropractor is often an appropriate and effective alternative. Very often, patients appreciate your willingness to consider other options. Cases that often frustrate medical physicians are the very types of cases most commonly treated by doctors of chiropractic – with lower back pain, leg pain, neck pain, and headaches being the most common. Chiropractic manipulative techniques and rehab are also very effective for extremity injury.

KEEP IN MIND THAT ...

The doctors of **Back in Balance Wellness Center** would treat your patients for the condition(s) related to the referral.

The doctors of **Back in Balance Wellness Center** would provide regular, brief written reports of the patient's progress and response to care, including initial and interim reports.

The doctors of **Back in Balance Wellness Center** would discharge the patient once that person attains maximal therapeutic benefit. Also, a discharge summary should be provided to your practice.

The doctors of **Back in Balance Wellness Center** would provide a referral back to your office during active care and upon completion of care.

As a medical professional, we encourage you to browse the various pages of our website www.backinbalancechiro.com, especially the research section. If you've never been in our integrative clinic, please contact me anytime for a tour to see first hand the variety of techniques and technologies utilized in a contemporary Chiropractic office.

CONTACT

Dr. Robin W. Gooden, *Clinic Director*
Back in Balance Wellness Center
16 Penn Plaza, Suite 22
Bangor, ME 04401
Phone: 207-947-8077, Fax: 207-947-3721
Email: dr.rob@backinbalancechiro.com
Website: www.backinbalancechiro.com

OFFICE HOURS

Monday	9:00am - 6:00pm
Tuesday	7:00am - 5:00pm
Wednesday	9:00am - 6:00pm
Thursday	9:00am - 6:00pm
Friday	9:00am - 1:00pm



FREQUENTLY ASKED QUESTIONS ABOUT CHIROPRACTIC SPINAL MANIPULATION

“Manipulation” is a very broad term used to describe a variety of techniques used in the treatment of spine and extremity disorders. While most people think of spinal manipulation only in terms of a low amplitude-high velocity thrust that produces a “crack”, a great variety of low and “no” force manipulations can be used to treat patients young and old, along with a great variety of common physio-therapeutic modalities and techniques.

Q

Is there a difference between spinal “manipulation” and spinal “adjustments?”

A

Yes. Essentially, manipulation refers to the general movement of multiple adjacent vertebrae to loosen tight spinal joints. Adjustments on the other hand are much more specific and directed towards the correction of specific spinal subluxations. While it depends on the skills of the practitioner, “adjustments” are generally much lighter and safer due to the specificity of the directed force, making them the technique of choice used at our office.

Spinal manipulation/adjustment works best for low back pain, leg pain, herniated discs, arthritis, mechanical back pain, SI joint dysfunction, neck and arm pain, acceleration/deceleration injury, and headaches.

There are many additional and frank questions about Chiropractic that are frequently asked of me – questions that are basic to the practice of Chiropractic Medicine.

I can, and would very much like to provide answers for such question, and I would be pleased to address each of the questions below in email, over the phone, and or in person. Just contact me.

Dr. Robin W. Gooden
dr.rob@backinbalancechiro.com

HERE IS A SAMPLING OF QUESTIONS I AM HAPPY TO DISCUSS WITH YOU:

- What is Chiropractic?
- How safe is Chiropractic care?
- What’s wrong?
- Can Chiropractic help?
- How long will treatment(s) take?
- How much will treatment cost?
- Does the Chiropractic adjustment hurt?
- Why does it take more than one adjustment if the bone is simply “out of place?”
- What conditions benefit from Chiropractic care?
- Is there any research demonstrating the effectiveness of Chiropractic?
- Do Chiropractors believe in other forms of healthcare?
- Is it true that once you begin care, you have to keep going for the rest of your life?
- What is the benefit of “maintenance” care?
- Can an adjustment to the neck cause a stroke or paralysis?
- Do Chiropractors believe in drugs?
- How educated is your doctor of Chiropractic?
- My [friend, spouse, physician] does not believe in Chiropractic. What can I tell them?

www.backinbalancechiro.com