

FREQUENTLY ASKED QUESTIONS

How should I expect to feel after my adjustment?

Most people experience some discomfort, similar to muscle soreness after a “workout”. This usually passes after a day or two with a gradual decrease in other symptoms.

Why do you put special shoes on my feet?

The shoe heels allow the chiropractor to perform the DNFT leg check correctly as well as clearly see the reactive leg “pull-up”.

What should I do if I start experiencing something that concerns me?

If you start experiencing any type of pain that is different than your initial symptoms, such as shooting, stabbing or more intense pain or nausea, contact our office immediately. However, during the process of healing and spinal correction, your defense systems become stronger and can result in symptoms becoming temporarily more noticeable. This is your body “cleaning house”. You may also notice old aches and pains resurfacing. This process is known as **retracing** and occurs as your body heals through old traumas to become healthier.

What makes D.N.F.T. different from other forms of chiropractic?

The unique leg check allows your body itself to indicate the precise location of nerve interference as well as the directions of misalignments of the structure in question. This precise information requires only a light force thumb thrust to introduce a complete and long lasting correction. This detailed DNFT adjustment results in fewer visits with less financial commitments. In addition, this low force technique, which involves no twisting, popping or hard thrusts, is safe for infants and the elderly, as well as most people with diagnosed spinal or disc problems.

How many visits does it require to correct a chiropractic problem?

Most people require 4-9 visits per symptom area involved and then maintenance visits of one every 1 to 3 months for prevention.

Must one have frequent adjustments to “hold the adjustment?”

With the comprehensive DNFT approach, frequent adjustments are seldom necessary once the problem is corrected.

What causes misalignments in the spine?

Trauma, including physical, emotional/mental, and chemical, cause spinal misalignments. Examples

include auto accidents, falls, repetitive tasks, stressful work or personal relationships and toxic habits such as smoking.

Does stress play a role in misalignments?

Extreme stress is a trauma which causes subluxations. Everyday stress can exaggerate those subluxations already present.

What can I do to help or prevent a misalignment?

To prevent, practice a healthy lifestyle including good nutrition, minimizing toxic intake, plenty of rest, exercise, a positive outlook, and proper movement, such as correct lifting, for a fully functional spine and nervous system. To help the affected

area, use ice packs or Biofreeze, minimize bending and twisting, drink plenty of water, change positions frequently and follow your care plan.

What are my payment options?

We are a preferred provider with BlueCross/BlueShield of Tennessee, CIGNA, PCHS Multi-Plan and Medicare. We will file your insurance for you as a courtesy after collecting your co-pay or you may pay in full at the time of your visit. We accept cash, checks and credit cards. Other payment options are available and determined on an individual basis.

Always feel free to ask questions about your care.