



Nothing is created equal. Not even your family doctors. When talking about the health and well being of the ones you love most, it is so important to be confident in the person you are turning to for your wellness needs.

Below are my Top 5 Questions you MUST ask before selecting a chiropractor.

1. What techniques do you use?

The correct answer to this question is: "it depends." There are a variety of adjusting techniques that Chiropractors can utilize. Different techniques are more beneficial at different times. Be sure that you choose someone who is well versed in a variety of techniques and doesn't follow a "one size fits all" approach.

2. Will you respect my preference for a treatment plan?

Always. There is nothing worse than paying for medical care, and feeling like you have no say as to what or how your body is treated. It is your doctor's responsibility to listen to the concerns you have about your treatment. I will always recommend what I believe is best, but will never make you feel uneasy about speaking up and sharing your thoughts.

3. Will you teach me how to make sure this doesn't happen again?

The beauty of chiropractic care is that the goal is always to fix the cause of the problem and not just treat the symptoms that cause us pain. Our goal will always be to get you on track toward a healthier you and to give you the tools you need to keep it that way. Whether it is through stretching and strengthening exercises or different therapeutic activities, we'll provide you with what you need to get and stay healthy.

4. Do you take and give referrals if needed?

My goal is to get you healthier regardless of whether I am the one to get you there or someone else is. If chiropractic care is not the means to that end, I will be the first one to tell you. We help many people for a variety of reasons every day. You want to make sure that you are treated by a professional that is knowledgeable enough to help you understand your options.

5. What are the estimated costs?

The best investment that you can make is in your health. Plain and simple. You can always rest assured we will work with you to come up with a treatment plan that fits within your budget and that you will know the estimated cost prior to treatment.

Unfortunately, there are some doctors that treat every patient the same, regardless of their condition. Our office prides itself in being patient-centered. We will take the time to discuss any questions or concerns you may have and create a treatment plan designed specifically for you.