

FAQs

Why does my back “go out” and what does that mean?

- AKA subluxation or misalignment, joints move within a certain range but that can be disturbed by bodily stress. They get stuck in one position and/or prevented from going its full range of motion

- Most common reasons: daily body stresses, such as emotional, prolonged positions of sitting and standing, repetitive movements (walking, twisting, reaching over head etc). This will tense muscles and misalign your spine and joints. Bad posture and twisting are common for lower ribs to “go out”. Sit upright with shoulders back and down.

Why doesn't some parts of my back pop during the adjustments?

- Joints (space connecting two bones together) are opened and create gas bubbles that pop. Some adjustments don't open the joint spaces so no pop. Other factors: the way your joints are angled, whether there's arthritis in the joint or if your muscles tense up during the adjustment.

Why do I still have pain after an adjustment and how many treatments do I need?

- Patience is key. Some parts of your body are going to respond better than other spots. Areas with more damage take longer to heal and in turn more treatment. Once muscles learn how to spasm (muscle memory) they try to spasm until adjustments and massages convince them not to.

- Amount of treatment depends on your body's reaction to treatment, for some patients pain goes away after the first visit; others take several times a week for a certain amount of months before symptoms go away or diminish?

Why does it keep going out?

- We are moving humans. We run, walk, jump, work, stay in prolonged positions, etc. You can't always prevent your back “going out” but when it does and hurts, or stiffens up, then that's when you seek care to resolve it.

What does the adjust do?

- Joints are manipulated or adjusted into moving back into their full range of motion, which decreases pressure on spinal nerves and joints, relaxes muscles, and breaks up scar tissue on the joints.

Is massage good?

- Yes, it's very helpful to relax all the tense muscle that are causing inflammation, stiffness, and pain. However, get your Doctor's approval first if you've had a recent injury.

Is it better to do a massage first?

- There are no studies proving whether it is better prior to an adjustment or after. It's usually scheduled as it fits into the clinic scheduling format or upon availability

Are back/knee/posture braces good?

- Yes, however limit to an “as needed” use. Take braces off several times throughout the day to allow your muscles to continue working on their own, or they will deteriorate.

Is popping your own neck bad?

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-It's risky. If not adjusted correctly, your vertebral artery can overstretch and tear leading to stroke/death.

Is ice or heat better?

-First 72 hours post-injury/reinjury use **ice** to control swelling, after 72 hours heat is permissible