

After 25 years of practice, it is evident to me that there are a lot of misconceptions about what chiropractors are trained to do and what we really do. Since only 15 per cent of the population actually visits a chiropractor, this article is targeted to those who might be interested in learning more about chiropractic. Maybe you have heard chiropractic can help but you're not sure exactly what to expect.

At our office, new patients are first asked to fill out a detailed personal history involving previous health issues as well as their reasons for consulting with us. This includes everything from the cause of injury, how long they have had it as well as the character of the pain. Once we have obtained a full history, we do a standard physical assessment involving height, weight, blood pressure, oxygen saturation and forced vital capacity. This information tells us how well a patient will tolerate their care and possible complicating factors that can

# What Do Chiropractors Really Do?

By: Dr. Nik Bair-Patel,  
Chiropractor



affect their response to care.

The patient is then examined by the chiropractor. The examination involves gait analysis, postural assessment, range of motion testing, muscle testing, reflex testing and palpation. Many patients comment positively on the thoroughness of the exam.

From the patient history and examination, a differential diagnosis is reached and then a plan of care is offered to the

patient for chiropractic care.

This can include adjustments, acupuncture, nutritional counselling, orthotics, laser therapy, home and office based exercise, bracing and ergonomic changes. The patient then has the opportunity to relay any concerns or desired outcomes as a result of the care plan. All of this information, as well as the most current research, finalizes a plan we both agree can help the patient in the best possible way.

This process is called "evidence informed care" and it is more than just coming in and lying on the table and getting "cracked."

Recent research is very clear about the benefits of chiropractic care. People who go to chiropractors tend to live longer, healthier lives with fewer limitations as they age. At Integrated Health Centre, we are dedicated to offering compassionate care based on excellence and integrity. If you or someone you know is having issues with pain, mobility or

generalized poor health, chiropractic is an excellent source of care to get you back on track and to optimize your function and your health.

#### ASK THE EXPERT:

Dr. Nik Bair-Patel, Chiropractor  
Integrated Health Centre  
570 Nelson Street,  
Pembroke, Ontario  
Phone: 613-732-3333  
info@integratedhealthcentre.ca  
www.integratedhealthcentre.ca

STARTING AT **\$30**



 **THE GYM** | 24/7

LOVE THE STAFF!  
GREAT EQUIPMENT!  
AWESOME SERVICES!

 **INTEGRATED**  
Health Centre

570 Nelson Street, Pembroke Phone: 613-732-3333 | www.integratedhealthcentre.ca

Sign up for our monthly newsletter at: [www.integratedhealthcentre.ca](http://www.integratedhealthcentre.ca)