

# **Welcome To Our Office**

## **Brian S. McCain, D.C., Clinic Director**

### **Welcome To Our Office**

**The following information will provide you an introduction to who we are, what we do, and what you can expect in our office.**

### **Who We Are**

**Dr. McCain, the clinic director and chief administrator is trained in a procedure that is practiced by only 5% of the Chiropractic profession. He is well respected throughout the country as a leader in the non-surgical treatment of herniated discs and other spinal disorders. Our state of the art facility brings you the best in chiropractic, rehab, nutrition & foundational health, medical technology and treatment methods. If you are accepted into our healing program as a patient, you will find a warm, friendly atmosphere, and a group of doctors and staff that will treat you like part of their family.**

### **What We Do**

**There are many types of chiropractors. Some chiropractors just do quick fixes. Others focus on the cause of the problem and correcting it. Our philosophy has always been to correct the cause of the problem. We are not a quick fix office. We focus on removing your pain or other symptoms by correcting the cause of those symptoms. Once we have corrected your problem to as near normal as possible, we have wellness programs available to keep you healthy and pain free.**

**We are going to look for something in your spine called a vertebral (spinal) subluxation. A subluxation occurs when a misalignment of one or more of the joints of the spine places pressure on a nerve, causing Nerve Impingement Syndrome (NIS). Pressure on the nerves can cause interference with the transmitted signal. This can cause pain, abnormal function, deterioration of the spine and other health problems. If you have subluxation or nerve impingement syndrome, you will love what we do here.**

**Why is it important to examine you for subluxation and nerve impingement syndrome? Because your nerve system controls all functions of your body, and when the spine is choking or putting pressure on a nerve, it causes the body to work abnormally. Pain is the warning signal that something is wrong.**

**Our job is to determine if you have vertebral subluxation or nerve impingement syndrome and correct the problem with a gentle process called a chiropractic adjustment. The series of adjustments will restore the normal position and motion of the vertebrae and remove the pressure on the nerve. After we have corrected the subluxation and nerve impingement syndrome, your body will begin to heal and your pain will decrease.**

**Finding a Chiropractor who will take the time to detect and correct these problems in your body is of extreme value to you because these problems, if left uncorrected, will slowly destroy your health and quality of life. Chiropractors are the only licensed doctors**

**in the world who can correct spinal subluxations and nerve impingement syndrome. If you have these conditions, you are in the right place.**

### **Why We Do What We Do**

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**Our office focuses on the correction of vertebral subluxation and nerve impingement syndrome. We also focus on individual health and wellness. We focus on these things because that's how people get the best results, and we only want you to have the best. We take the health of the people we serve very seriously. We do not do quick fix care in our office because the outcomes are so poor. With quick fix care the patient feels better temporarily, but the pain returns because the cause of the pain was never addressed. Our patient care is reserved for people who are committed to correcting their problem and improving their health.**

### **Understanding Chiropractic**

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**We know that most people don't understand what chiropractic is and how it works. We have found that even people who have been to chiropractors for years know very little about chiropractic. This section will give you "the basics" about chiropractic.**

**Does your profession have any misunderstandings about it? It's kinda frustrating isn't it? Well, chiropractic has some misunderstandings too, and it's very frustrating that these "myths" continue to circulate. We are going to set the record straight and clear up a few of these "chiropractic misunderstandings" for you. Our patients have found that helpful.**

- 1. *Are Chiropractors "Real Doctors?"* Yes. Chiropractors are state licensed board certified doctors. A Chiropractor must pass 4 national board exams and a state exam in order to obtain a license to practice chiropractic.**
- 2. *How many years is Chiropractic School?* Chiropractors must complete 4 years of undergraduate study and then a 4-year program just like medical or dental students.**
- 3. *Do Chiropractors prescribe medicine?* No. Chiropractors make up the largest group of doctors who practice natural healthcare in the United States. We do not prescribe medication.**
- 4. *I heard once you go to a Chiropractor you have to go forever. Is that true? In our office we never give a patient one visit more than what they need or want.* Many people find that using chiropractic care on a regular basis is tremendously beneficial to their health and well being. These people choose to use our services on a regular basis because it makes them feel so good. Saying once you go to a chiropractor you have to go forever is like saying once you go to a gym you have to go forever. It is nonsense. Pro-active people will spend time and money on a regular basis for things that benefit them. Our chiropractic care makes a lot of people happy and therefore they choose to use it on a regular basis – but we never make anyone do anything they don't want to do.**
- 5. *I heard children shouldn't get chiropractic care?* Chiropractic care is extremely beneficial and safe for children. The only reason someone would think children shouldn't have chiropractic care is misinformation from a pediatrician, friend or family member and not understanding what chiropractic is all about. Our office sees lots of children. There are lots of educated parents who do not want their children taking drugs for everything – they want a natural solution. Many families**

all come together to get an adjustment at the same time so they can all be healthy together.

6. ***Is chiropractic health care expensive?*** Chiropractic care is very affordable. 1 year of chiropractic care without insurance is cheaper than most people's yearly car expenses. There are many different ways to spend your hard earned money and we hope taking care of your health is one of them. Our chiropractic care programs are very affordable. We offer flexible payment options to fit your budget. Financing is available.
7. ***Is Chiropractic only for neck and back pain?*** No. While chiropractic is great at helping with neck and back pain, that's not really what chiropractic is all about. Pain is only a symptom. But what is the cause of the symptom? Chiropractic focuses on locating the cause of the symptoms and eliminating the dysfunction. Chiropractic also focuses on helping adults and children stay healthy.
8. ***Are You Going To Get Me Out of Pain Or Are You Going To Fix My Problem?*** One or two adjustments may relieve some of your symptoms, but that is not enough time to fix your problem or keep you healthy. You do not want to only get 1 or 2 adjustments. That's not chiropractic. Just like two weeks of wearing braces will not straighten someone's teeth, a few adjustments is not going to fix your problem or get you healthy. It is extremely important that you understand your problem isn't your pain. Your problem is what is wrong with your body that is causing you to have pain.

### **Stress Free Health Center**

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**Our office is a "Stress Free Health Center." We developed our chiropractic program to be as stress free as possible for our patients as well as the doctors and staff. What this means is we are not going to try to sell you anything. We are not going to talk you into anything you don't want. We are not going to force you to make a commitment you don't want to make. We see our job as diagnosing your problems and showing you the finest care available. We see your job as deciding if that's what you want and how fast you want to proceed. It's your, it's your health, it's your decision. Nobody should force you to want to be healthier - you should have that desire on your own.**

**We have been able to successfully help thousands of people over the years. We know what works and how long it takes to get well and stay well. We are going to show you how we helped those people...and....do some tests to find out if you qualify for our program.**

**We have such a high success rate because we only accept people we are pretty sure we can help, and people who are committed to their health. Not everyone qualifies to become a patient in our office. If our tests show you are someone we can help....and this feels like something you want to do, and can afford, then give it a try. If it's not something you want or can afford, then don't. That's OK. The question is, if you qualify and we show you a way to solve your problem and can make it affordable for you, is that something you'd be interested in?**

**Getting well and having great health takes a commitment. If our program doesn't sound like something you would like to do, Great! Thanks for stopping by and if we can ever help you in the future, just let us know. Just return these handouts to the front desk and we wish you all the best. However, if after reading this information you feel you are in the**

right place, then we will proceed with the consultation and exam. Just know you are going to love what's in store for you.

### **Your First Visit**

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During the first visit the doctor will do a thorough examination to determine what is wrong, how bad it is, if we can help you, and what it will take to help you. The doctor will look at up to 20 key areas such as posture, flexibility, strength, and alignment. These functional components are good indicators of subluxation and nerve impingement syndrome.

The doctor will perform a test called an sEMG. This stands for surface electromyography. This test will determine if the muscles around your spine are abnormal. Between the static and dynamic test we can determine if your condition is more muscular or spinal. If the test is abnormal, it is a good indication of subluxation and nerve impingement syndrome in the areas of abnormality. The test does use needles and it's painless.

The doctor will then 'palpate' (feel) for any areas of muscle spasm or tenderness along each of the 24 vertebrae. Muscles go into spasm to protect the nerve, and this can lead to pain or lack of normal function.

X-rays are necessary to evaluate spinal problems and allow the doctor to determine the condition of your spine. If there are areas of the spine that are subluxated, it loses its normal curves and can be in the wrong position. If curves are altered or the spine is in the wrong position, the spine will deteriorate and you will experience pain yet again.

When the doctor evaluates your x-rays, he will look at every one of your 24 vertebrae, your sacrum (tailbone) and your hips. He will look to see what the angles of your neck and low back are and compare that to a healthy spine. The doctor will also look to see if you carry your neck or low back to far forward....or....backward. He will look for any areas of vertebral misalignments, disc collapse and any areas of degenerative joint disease and assess the amount of damage.

Once the doctor has completed the examination, you will schedule your second visit. At the second visit you will be presented with a report of what was found. If we can help you, we will give you your recommended action plan, and if you decide to take action we will begin care.

**We will not start your treatment program until:**

- 1. We have done a proper examination to determine the cause of your problem.**
- 2. We have evaluated your tests and determined we can help you.**
- 3. We have created a chiropractic/rehab or wellness program designed to give you the best results.**
- 4. We have given you our recommendations of what it will take to correct your problem (if correctable) to as near normal as possible.**
- 5. You decide to commit to your care program.**