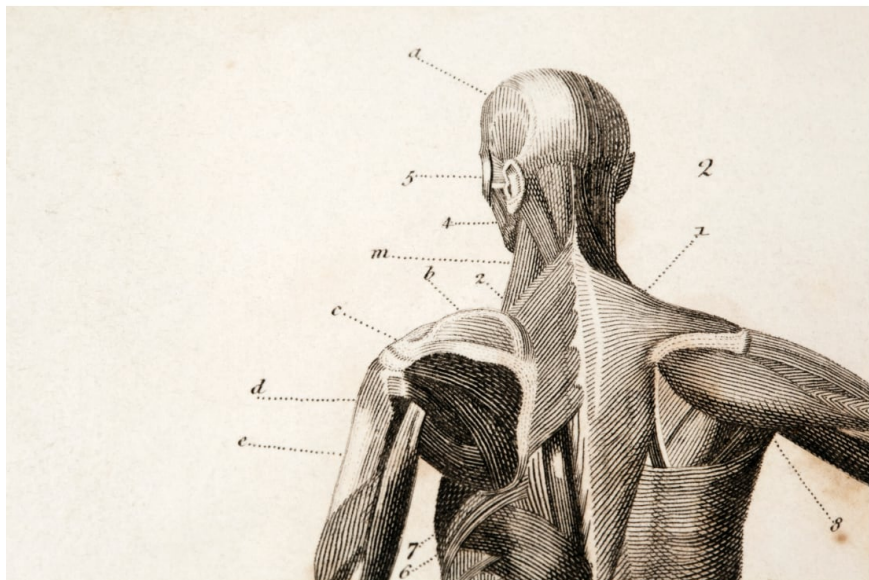


TELL ME WHERE IT HURTS

A PATIENT'S GUIDE TO
CHIROPRACTIC CARE





We've been keeping bodies in motion in Findlay since 1999.

Call us: (419) 425-9798

Email us: info@kirkchiro.com

Mark J. Kirk Chiropractic
F.O.R.M.E. Medical & Rehabilitation Center
116 W Lima St, Findlay, OH 45840

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WHAT TO EXPECT ON MY FIRST VISIT



If you've never been to a doctor of chiropractic (DC), it's natural to wonder what to expect on your first visit. To dispel any fears or uncertainties, we've prepared the following step-by-step guide.

THE OFFICE

When you walk into a chiropractor's office, it may very well look like the office of a medical doctor or a dentist. In some cases, however, your chiropractor may opt for a different look, one that's warmer and less sterile. It all depends on his or her personal style and philosophy.

Your chiropractor or the office manager will greet you, take your name and ask you to fill out some forms and a questionnaire. That questionnaire will cover your medical background, family history and any previous treatment or surgery.

THE EXAMINATION

When your DC is ready to see you, you will talk together in detail about the history of your complaint. He or she will also ask detailed questions about your

health history. Chiropractors examine patients in much the same way that medical doctors do. Your chiropractor will test your reflexes and muscle strength. He or she may also take your temperature and your pulse. Range of motion is of particular interest to chiropractors, so expect a test to see how far certain joints in your body bend comfortably.

Your chiropractor may also order x-rays or use other techniques to complete or confirm a diagnosis. Be sure to ask questions about any procedures you aren't familiar with.

THE CARE

If your DC finds a problem with joints in your spine, he or she may use adjustments to care for these joints. An adjustment is a quick but gentle pressure on a joint to loosen it. Chiropractors can perform adjustments either with their hands or with a mechanical device called an activator tool. (Doctors receive years of training to learn about manipulating bones in the back safely.)

Adjustments can produce a popping sound, similar to that of a cracking knuckle, when pressure in the joint is released. The sound is caused by bubbles of carbon dioxide gas escaping from the fluid surrounding the joints. The sound is harmless and the gas will eventually dissolve back into the fluid.

Adjustments shouldn't be painful, although you may feel some discomfort until the pressure in the joint is relieved.

THE FOLLOW-UP

Depending on your condition, your chiropractor may schedule a series of visits for care. For example, he or she may want to see you three times a week for several weeks, then twice a week for two weeks and so on.

If so many visits seem unusual, consider this: when you see a medical doctor, he or she may prescribe pills to treat your condition. Because you can take the pills yourself, you don't have to go back to the doctor's office. Your chiropractor's care, on the other hand, involves adjustments and tests that must be done in person.

FAQ (FREQUENTLY ASKED QUESTIONS)



WHAT IS SUBLUXATION?

A subluxation refers to a spinal or peripheral joint that is relatively immobile or out of place. Subluxations create an imbalance in the spine, affecting the way our body and brain communicate with one another, irritating nerves and blood vessels and possibly causing pain and dysfunction in muscles and organs.

IS IT TRUE THAT CHIROPRACTORS DO NOT PRESCRIBE MEDICATION OR PERFORM SURGERY?

Yes. Chiropractors don't prescribe medication or perform invasive procedures. They believe the body has the ability to heal itself, and therefore focus on providing it with the right elements for self-restoration. This makes chiropractic one of the safest of all treatments.

WHAT CAUSES A SUBLUXATION?

Accidents, injuries and inherited spinal weaknesses are common causes of subluxations. Other causes include poor sleeping habits, poor posture, obesity, stress, a sedentary lifestyle and too little rest.

HOW IS A SUBLUXATION CORRECTED?

Chiropractors treat subluxations with a healing technique called spinal adjustment, a procedure that involves applying specific, short, quick thrusts to return vertebrae (the bones that compose the spine and protect the spinal cord) to their proper position. They may also use other tools and techniques, and will explain these to you at the time.

DOES THE ADJUSTMENT HURT?

Most chiropractic adjustments are painless; in fact, the adjustment may feel good and can be relieving. If you've had a recent injury, however, adjustments can irritate inflamed tissue and cause some discomfort. Some people also experience odd sensations in their extremities after adjustments. This is a normal reaction to the relieving of pressure on nerves and is usually no cause for concern.

HOW OLD SHOULD A PERSON BE BEFORE RECEIVING CHIROPRACTIC CARE?

While every chiropractor has his or her own preference, people of all ages are candidates for chiropractic treatment. Even babies can have subluxations, due to the rigors of birth. In general, it's best to treat children's subluxations early, as they interfere with nerves that control developing muscles and organs. With an early checkup, your chiropractor can detect these problems while they're easy to correct.

SHOULD I GO TO A CHIROPRACTOR IF I FEEL FINE?

Your chiropractor can recognize and detect problem areas in your spine before they develop into problem conditions. Chiropractic adjustments may help to maintain or support a healthy spine, and maintenance spinal care programs, which may include advice on posture, nutrition and exercise, can effectively prevent pain. Regular checkups will also ensure that small stresses on the spine don't become major misalignments.

HOW WILL THE ADJUSTMENT HELP ME?

Chiropractic adjustments help eliminate interference that prevents your body from healing itself. Misaligned vertebrae interfere with your nervous system, which affects organs and muscles throughout your body. Your chiropractor treats the underlying problem, which can alleviate painful symptoms.

DOES AN ADJUSTMENT HAVE TO MAKE A NOISE TO BE EFFECTIVE?

No. While it's true that patients often hear a "pop" during an adjustment, similar to the sound you'd hear cracking your knuckles, it's not related to the treatment's effectiveness. Instead, the explanation lies in a lubricant called synovial fluid that's found in every joint. That fluid contains dissolved gases. Separating joints creates pressure, which forces the gases to rapidly escape, creating a "pop."

HOW DOES CHIROPRACTIC CARE HELP PREGNANT WOMEN?

Pregnancy places additional weight and stress on women's bodies. Chiropractic treatment can help relieve pregnancy-related low back, leg and shoulder blade pain. It may also reduce incidences of headache and nausea. Ask your chiropractor how much experience he or she has in treating pregnant women.

ABOUT US

DR. MARK KIRK



Dr. Kirk is a graduate of the University of Findlay and Palmer College of Chiropractic. He practiced for two years in Fremont, Ohio and then returned to his hometown of Findlay to open Kirk Chiropractic in 1999.

He is proud to be on the sports medicine team at the University of Findlay, serving as team chiropractor and working with the fine athletic training staff at UF.

Dr. Mark looks forward to “Keeping Bodies in Motion” in Findlay and the Hancock County area.

DR. JAMES MCNALLY



Dr. McNally has a diverse athletic background. He grew up in Fort Dodge, Iowa where he was actively involved in Martial Arts and Competitive Cheerleading as both a team member and later as a coach. He is a graduate of the Palmer College of Chiropractic in Davenport, Iowa.

He joined the staff of Kirk Chiropractic in April, 2014, and has been seeing patients and actively engaging in the Findlay community ever since.

OUR MISSION IS KEEPING PEOPLE WELL!



We strive to make the world a healthier, happier place one person at a time by treating individuals, not symptoms.

We believe that life and healing come from within, and that maintenance of health and quality of life is superior to the treatment of diseases.

We treat and educate our patients in health and wellness, and provide the Findlay community with the highest quality health and chiropractic care available.

OUR SERVICES



We provide a full range of services to meet the needs of our clients:

Chiropractic Care: General Chiropractic care, Physical Therapy and Massage Therapy.

Wellness: Exercise Programs, Nutritional Counseling, Gait Analysis and Foot Exams.

Athletic Care: We have over 30 years of combined experience with Professional, Collegiate, High School and younger athletes.

Compliance: We provide significant support for our corporate clients: Pre-Employment Exams, Alcohol and drug screening, and DOT exams.

Litigation Support: We not only treat personal injuries, we can provide professional opinions for Worker's Compensation and motor vehicle accident cases.



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