

## Questions to Ask Doctors for Which You Are Seeking Care

### **Is the doctor a member of the International Chiropractors Association?**

*Answer: Yes, the doctor is a member of the best and most recognized Association in Chiropractic with the highest ethics and standards.*

### **How many years has the doctor been practicing?**

*Answer: More than 5 years and preferably 10 or more years*

### **What techniques does the doctor use in practice?**

*Answer: Chiropractic Biophysics, Diversified, Activator, Flexion Distraction, Cranial Sacral, Applied Kinesiology, Upper Cervical, Impulse Instrument. These represent some of the best techniques for healing in chiropractic.*

### **Does the doctor prescribe exercise for rehabilitation and healing?**

*Answer: Yes, this indicates the doctor is focused in strength and stability in healing.*

### **Does the doctor make nutritional recommendations for care?**

*Answer: Yes, this indicates the doctor understands the role nutrition will play in healing of soft tissue and reduction of swelling and pain.*

### **Does the doctor see children, families, and elderly regularly? What percentage of his/her practice are families and children?**

*Answer: Yes, the doctor should see at least 20% children and families if possible and at least 10-20% elderly in practice. This also indicates a good bed-side manner and techniques appropriate for individuals with more sensitive spinal conditions.*

### **How many patients does the doctor care for daily?**

*Answer: Doctor should regularly care for between 15-75 patients daily to keep his/her focus and attention to detail sharp.*

### **Is massage therapy available?**

*Answer: Yes, this indicates the doctor understands the role working with muscles and soft tissues play in the healing of patients.*

### **What physical therapy modalities does doctor use?**

*Answer: Ultrasound, Traction, Neuromuscular reeducation, Vibe or Power Plate, Cold Laser Therapy, Muscle Stim, Ice, Heat, Hydro collator. This indicates the doctor is utilizing multiple approaches to help patients when it is indicated.*

### **Does the Doctor regularly do exams before treating new patients who have never had chiropractic care or are not under regular care with a Doctor of Chiropractic?**

*Answer: Yes, this indicates the doctor is taking the care to properly diagnose the subluxations complex and understand the care needs of the patient.*

### **Does the Doctor take x-rays to diagnose Vertebral Subluxations?**

*Answer: Yes, this indicates the doctor is utilizing procedure to understand the alignment of the patient's spine and evaluating for pathology and anomaly in the spine.*

### **Does the Doctor do Surface EMG, Thermography, Postural Analysis, Bilateral Scale Tests?**

*Answer: Yes, this indicates the doctor is testing for function of the spine and the effects of vertebral subluxations on the patient's spine.*

### **Does the Doctor receive referrals from other Medical Doctors, Massage Therapists, Physical Therapists, and other Chiropractors?**

*Answer: Yes, this indicates the doctor is well regarded by health care specialists as a relevant and skilled doctor.*

### **Is the Doctor a provider in my insurance plan?**

*Answer: Yes or No depending on how relevant the cost is to your care needs.*

### **What is the practice financial policy for payment?**

*Answer: Payment at time of service or patient responsible for coinsurance, deductible etc to be paid by patient at time of service or later by credit card. Billing for these services takes doctor and practice time away from patient care and focuses time on extraneous matter which pulls time away from the patient care needs.*

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