

# What to expect on your first visit

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## Five easy steps

1. Usually on your first visit to the office, you will meet with your Gonstead doctor right away in a comfortable exam room. (Most of the information needed was received when you called in to make your appointment. So, you won't be greeted with piles of paperwork...just a friendly face.)



2. The doctor will talk with you about your health concerns. They will take a detailed history of your health issues to help determine if yours is a chiropractic case.

(Gonstead doctors listen...and always encourage you to ask lots of questions!)

3. Next, you will have a complete exam that will include special tests. These tests help determine where your problem areas might be and how the doctor will address them. The tests include: static palpation, which is simply feeling the bones in your spine for tenderness, swelling and other abnormalities; motion palpation, which is simply bending your spine to look for signs of fixation; instrumentation, which involves running a Nervoscope down your spine to locate areas of swelling. The nervoscope feels like two fingers gliding down your spine. It detects heat, which is an indication of swelling. These tests, in addition to others, help the doctor determine if yours is a chiropractic case...and if they can help you.

(Ladies, we have thick, long gowns that only open wide enough to examine your spine. The exam is a time to relax and let the doctor do the work.)



4. Then, if necessary, full spine, weight bearing (standing) x-rays will be taken. X-rays are taken for several reasons. These include: 1. to determine the condition of the discs (the cushions between the vertebrae in your spine); 2. to determine the phases of degeneration; 3. to locate potential problem areas, misalignments and; 4. to rule out other pathologies (disease).

(To see is to know, to not see is to guess. Gonstead doctors won't want to guess at your health care. X-rays are an important tool of analysis.)

5. After the x-rays, you may watch an informational video that introduces you to chiropractic and the office. This gives the doctor not only time to analyze the x-rays but also important information so they can provide you with the best care possible.

There is usually a financial policy review. And any questions that you may have will be answered. You are then ready to be seen by the doctor.

**The Gonstead System** is a method used to analyze and care for the spine. This technique is a very effective method of correction because it is specific and accurate in evaluating and adjusting the spine. Its use requires four methods of analysis.

**Case History:** Your Gonstead doctor will gain information from your health complaints, presentation and history.

**X-ray Analysis:** You wouldn't want your doctor to guess at the condition of your spine, would you? X-rays allow them to see what position the vertebrae are in, so that they know how to properly adjust the vertebra.

**Instrumentation:** A nervo-scope is used to detect heat that may indicate nerve dysfunction and swelling. The nervo-scope glides down the length of your back and feels like two fingers gliding down either side of your spinal column.

**Static and Motion Palpation:** Your Gonstead doctor will look at and feel your spine for swelling and tenderness as well as trying to find taut and tender muscle fibers. They will also look at and feel how your spine and its vertebrae move at different angles.



***What is a chiropractic adjustment?***

It is a small thrust applied to the body (misaligned vertebra) from the hands of a chiropractor.

***Will I see results right away?***

This depends on a number of things like the nature and history of the illness. Sometimes, chiropractic results may be achieved very quickly. Other times, it may take weeks to months because of changes that have occurred in the body in response to the subluxation(s).

***Will my pain be relieved?***

In many instances, taking pressure off the nerve is all that is needed for relief of pain.

***Can children be adjusted too?***

YES! It is best to have children checked for subluxations as early as possible. This will ensure that they are fulfilling their own potential to live and grow as healthy as they can.