

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser



The Experts® on Chiropractic Care:



Dr. Rick Powers



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The Experts®  
you need to know  
on Chiropractic Care

Dr. April Ruzycki

### Do I need a Chiropractor?

Recently I was sitting in a hot tub with some friends after a day on the ski hill. We were all enjoying the heat on our muscles and laughing about where we might be sore the next day. A couple people commented how they were going to need to get an adjustment and a massage after their weekend on the hill, when one of the guys asked, "How would I even know that I needed to see a Chiropractor?"

I began explaining that the most common reason people see chiropractors is for pain. Typically for spinal pain, joint pain in their extremities or headaches. Before I could talk about people seeking chiropractic care for prevention and overall wellness, he interrupted me and said... "But I have pain all the time. I don't even know what qualifies as pain I should seek treatment for".

This guy plays rugby, runs Spartan races, plays hockey, does water-sports, downhill skis and has a physical job – essentially he works hard and plays harder! We have all seen the hits in rugby and hockey, seen the tumbles

in downhill skiing and water-sports, and watched the videos of the Spartan races... those bodies are taking a beating!

I encouraged this gentlemen to try chiropractic care, whether with me or another chiropractor. I told him that we would check his whole body while focusing on the spine. I informed him that, depending on what I found in my examination, what the spinal scans reveal and ultimately how he was progressing, other treatments may be beneficial and recommended such as massage therapy, low level laser or acupuncture.

Then, I explained to him how individuals may not even know how much pain they are in or how much that pain may be impeding on their life and their activities until they begin to feel better. As a patient progresses through their initial phase of care they often report an improvement on symptoms or issues that they did not initially seek care for, such as: improved sleep, more energy, and improved bowel movements. As patients near the end of their initial phase of care and are

feeling better, they often say..."I didn't know how awful I felt before. I never want to go back to that place of pain again".

While hearing that our patient is feeling better, their symptoms have improved and their body is functioning better of course makes us happy! It also is disheartening to know that many individuals in our society are suffering from unnecessary pain.

Whether you, a friend or a loved one is suffering, I encourage you/them to seek out chiropractic care. We are here to help.



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