

CONSUMER AWARENESS GUIDE

Choosing Your Chiropractor

INSIDE THE ISSUE

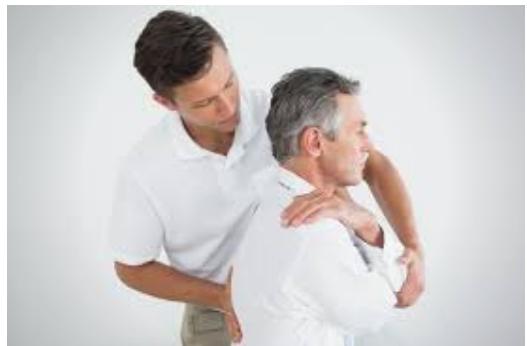
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SPECIAL POINTS OF INTEREST:

- The research supports chiropractic care.
- Why dry needling may be the solution for your pain.
- Your guide for choosing the right chiropractor.
- Common conditions treated.
- How adding a chiropractic physician to your wellness plan increases productivity and decrease injury claims.

CHOOSING YOUR CHIROPRACTOR

For over 100 years, the practice of Chiropractic has treated many common injuries and ailments with a conservative hands-on approach. Within the chiropractic specialty, there are a variety of practice philosophies and techniques, which can make it challenging to select the best chiropractor for you. Due to chiropractic being a physical procedure, consideration should be given to both the rapport with the doctor as well as compatibility with treatment style and techniques.



For most people, it is important to feel comfortable with the chiropractor, the clinic, and staff, to have an overall positive treatment experience. Feeling comfortable may depend on many factors and personal preferences, including office location, waiting time, hours, etc. Before starting treatment, it may be best to request an in office consultation to learn more about the chiropractor, the clinic, and techniques used. Often the treating physician will be open to this request to discuss these details.

The bottom line is that the chiropractor's role is to recommend the optimal course of care for the patient, that includes an interdisciplinary approach, and it is the patient's decision whether or not to accept the doctor's recommendations.

Patients should never feel like a doctor is pressuring them into treatment or a payment decision. Also, you should be very weary of long term treatment plans that are many months in duration and are overly expensive.

Reference: www.spine-health.com

CHIROPRACTIC FIRST

- It's all in the research! Below you will find a few studies that support the validity and cost savings (effectiveness) of Chiropractic care vs. other methods of care. We encourage you to dive in deep to all the great info out there!
1. The Alt. Medicine Integration Study, published in 2007 in the J. of Manipulative and Physiological Therapeutics, found that those receiving regular chiropractic care, had an 85% decrease in pharmaceutical costs and a 60% decrease in hospital admissions.
 2. Cost of care for common low back pain conditions initiated with Chiropractors vs. Medical/Osteopathic doctor as first physician. The paid cost for episodes of care initiated by a Chiropractor were almost 40% less.
 3. Chiropractic and Medical Costs of Low Back Care. Stano et al., found that total insurance payments were substantially greater for episodes with a medical first contact provider. (Mean total payments were \$1020 with MD and \$518 with Chiropractic).

WHAT IS SPORTS CHIROPRACTIC?

The focus of sports chiropractors is to provide care in the conservative management, rehabilitation, and performance optimization of the neuromusculoskeletal system for athletic populations. Sport chiropractors are accustom to participating in a multidisciplinary sports injury care environment with Orthopedists, PT's, and athletic trainers.

Many of today's athletes utilize a sports chiropractor to prevent injury and to improve biomechanical and neuromuscular function with the goal of enhancing performance. Postural, muscular imbalance, and overuse/misuse syndromes can inhibit performance and limit further improvement.



In our practice, we utilize functional movement assessments to evaluate biomechanics, Functional Dry Needling, Active Release Techniques®, and IASTM techniques to address soft tissue injuries, while utilizing chiropractic and sports rehab for reduction of pain and improvement of function. These tools, when used together, allow athletes and active patients to have access to the latest in conservative management of sports injuries.

EVIDENCE-BASED CHIROPRACTIC

An Evidence-based chiropractor (EBC) will ask to see evidence proving the benefits of care rendered. Armed with this information, evidence based practitioners can avoid less effective interventions and thereby save their patients unnecessary expense and provide better outcomes.

EBC is not a cookbook process in which patients are treated according to some strict regimen derived exclusively from research. Rather, EBC regards research information as an important component in the healthcare decision making process. Such information should be used in conjunction with clinical experience and judgment, clinical circumstance, and preferences of the patient.

Practicing EBC means choosing a course of action after weighing the risks and benefits of all the alternatives. While all clinical decisions are made under conditions of uncertainty, the degree on uncertainty decreases when clinical decisions are based on relevant and valid evidence.

Reference: www.chiroevidence.com

WHAT SHOULD I EXPECT FROM MY CHIROPRACTIC EXPERIENCE

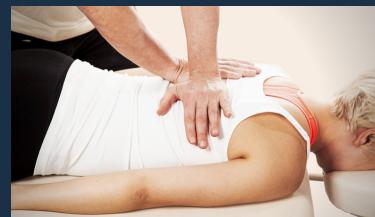
When you decide to choose a chiropractor, you should have a pleasant experience with that chiropractor and the office. You should expect to achieve results that you are seeking in a timely manner. The time frame for resolving your condition is considerably variable due to many factors, and this should be communicated to you by the doctor. A treatment plan with expectations and a release goal should be implemented that will not only treat your pain, but correct the indirect cause of your pain. Every condition has a site of pain and an indirect functional cause of the pain.

Your treatment plan in most cases will consist of a combination of manual therapy, corrective exercises, and therapy modalities. This comprehensive approach to your care will achieve optimal and efficient results.

CHIROPRACTIC IS SAFE

The overall incidence of VAI (Vertebral Artery Insufficiency - Stroke) during Cervical Spine Surgery was a very low 0.07% as reported by The Spine Journal. Carey et al, found in 2001 that the incidence from a chiropractic, physical therapy, or medical physician performed cervical spine adjustment was an even lower 1 in 5.85 million. Cervical adjustments are extremely safe, effective, and chiropractic physicians are the most extensively trained to assess risks and benefits associated with manipulative treatments.

WHAT IS THAT NOISE?



The noise you hear during a chiropractic adjustment is similar to when you pull a suction cup off of a mirror. The pop is the sound of a rapid release of pressure and release of gas from the joint capsule.

"Reduced odds of surgery were observed for those whose first provider was a chiropractor. 42.7% of workers [with back injuries] who first saw a surgeon had surgery, in contrast to only 1.5% of those who first saw a chiropractor."

Keeney et al (2012),
Spine

"Chiropractic Manipulative Therapy in conjunction with standard medical care offers a significant advantage for decreasing pain and improving physical functioning when compared with only standard care, for men and women between 18 and 35 years of age with acute low back pain."

Goertz et al. (2013),
Spine

BE AWARE OF THE AUTO-ACCIDENT GAME



As many of you know, in Utah, the auto accident insurance topic can be a very frustrating one, and frankly, a very sinister game played by many looking to fraud the system. From the abundance of billboards along the side of the road, to the pain direct hotline, it can be very tough to know who is looking out for you if you were to get into an auto accident.

Unfortunately, Utah is like many other states, with personal injury practices located on every corner, who set their business model to take advantage of both the patient and the insurer. Every auto accident patient with auto insurance is covered with PIP coverage of at least 3k and many clinics will try to bill your insurance exorbitant amounts in a short period of time to collect a vast majority of your benefits up front.

We recommend finding a trust worthy doctor, and if need be, a trustworthy attorney referral from a friend, family member, or the aforementioned doctor. You want these folks looking out for you and not taking advantage of the situation.

Lastly, you do not have to go to one of these 'personal injury clinics' for your care if you do get into an auto accident. You can receive quality care at a reputable chiropractic office that will treat you like a patient in pain, not a lottery ticket.

WHAT'S THE BIG DEAL ABOUT A.R.T®

Active Release Techniques® (ART) is a patented, state of the art soft tissue movement based massage technique that treats problems of muscles, tendons, ligaments, fascia and nerves.

Headaches, back pain, carpal tunnel syndrome, shin splints, shoulder pain, sciatica, plantar fasciitis, knee problems, and tennis elbow are just a few of the many conditions that can be resolved quickly and permanently with ART®. These conditions all have one important thing in common: they are often a result of overused muscles.

Every ART® session is actually a combination of examination and treatment. The ART® provider uses hands to evaluate the texture, tightness and movement of muscle fascia, tendons, ligaments and nerves. Abnormal tissues are treated by combining precisely directed tension with very specific patients movements. These protocols, over 500 specific moves, are unique to ART®. They allow providers to identify and correct the specific problems that are affecting each individual patient. ART® is not a cookie-cutter approach.



Proud Partner
IRONMAN

COMMON CONDITIONS TREATED

- Acute Injuries
- Achilles Tendonosis
- Auto Accidents
- Carpal Tunnel
- Frozen Shoulder
- Golf/Tennis Elbow
- Headaches
- Herniated Discs
- Knee Pain
- IT Band Syndrome



- Low Back Pain
- Neck Pain
- Plantar Fasciitis
- Rotator Cuff Injuries
- Sciatica
- Shin Splints
- Sports Injuries
- Piriformis Syndrome
- TMJ Disorder
- Whiplash

WHAT IS DRY NEEDLING?



Dry needling is a skilled technique performed by trained Chiropractic Physicians and Physical Therapists aimed at managing neuromusculoskeletal injuries and pain while addressing movement dysfunction. Dry Needling utilizes a thin filiform needle to penetrate skin, fascia and muscle tissue to address

adhesions, trigger points and connective tissue to speed healing and relieve pain. Functional application focuses on decreasing muscle hypertonicity, increasing joint range of motion, and correcting movement dysfunction.

WHY CHOOSE OUR OFFICE

At Revive Sport & Spine, we treat many pain conditions and injuries with chiropractic care and the latest techniques in conservative sports medicine. This combination of care is what makes Revive Sport & Spine a leader in sports chiropractic. What makes sports chiropractic preferred by many patients is that the evaluation and treatment protocols are evidence-based and trusted by professional athletic teams, major universities and large corporations. Revive Sport & Spine treats all of its patients with the same high level of care, from the Olympic runner to the auto accident patient, or the sufferer of desk related pain syndrome.

WORKPLACE WELLNESS

Research and experience has revealed that chiropractic care reduces healthcare utilization and cost, and increase patient satisfaction. Further evidence has shown that corporate on-site chiropractic clinics have improved those parameters even more significantly.



With onsite chiropractic access, time can be saved and productivity maintained as employees do not need to take time away to address injuries, strain/sprains, or other concerns, allowing minimal time loss. Furthermore, the routine visits with the chiropractor can help determine the best course of treatment and refer out of the workplace if needed.

In 2006, OSHA provided a ruling and documentation stating that Active Release Techniques® (A.R.T.) is a form of movement-base massage. OSHA deems massage techniques to be a form of first aid and not a medical treatment. This allows the chiropractic physician to work closely with the human resources department and determine the best plan of care. This will decrease the company's worker's compensation costs considerably.

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