

# How to Choose a Chiropractor Resource Guide

## From The Desk of Dr. Walter Salubro

Thank you for reading *Back to Health by Choice*. I hope you found it inspirational and moving and I hope you learned a little more about chiropractic.

I prepared this Resource Guide in case, you the reader, are moved or inspired to seek chiropractic care but just don't know how to go about choosing the right chiropractor.

Now, keep in mind that you are free to choose any chiropractor you desire. This Resource Guide is simply a guideline of recommendations. As you read this guide, you don't have to fulfill all these recommendations on the checklist below. Choose a chiropractor based on these recommendations according to your specific needs.

First and foremost, I would start by asking any of your friends and family who go to or have been to a chiropractor. If they had a positive experience, that would be a great place to start. Why?...because you can piggyback on the trust of your friend or family member. Your friend or family member **will be excited** to refer you to their chiropractor. **That's a good sign!**

If you don't have the option to be referred by a friend or family member, I prepared in this *How to Choose a Chiropractor Resource Guide* a checklist of criteria to look for and to ask for when calling a chiropractic office for an appointment.

When you call a chiropractic office and ask these questions be courteous and stay informed. Chiropractors appreciate well-informed patients who know what they are looking for. I know I do.

Turn the page for a checklist of questions to ask when choosing a chiropractor...

# **Checklist**

## **1. Does the chiropractor at this office correct, or adjust subluxations?**

If a chiropractor is not adjusting subluxations, then what is he/she doing? Correcting subluxations is what defines a chiropractor. Chiropractic healing principles are rooted in the correction of vertebral subluxations (spinal misalignments). A chiropractor who adjusts subluxations remains true to the healing principles of chiropractic.

## **2. Does the chiropractor at this office check posture and offer corrections for posture problems?**

A posture analysis is an integral part of the chiropractors initial assessment. Posture is the window to your spine. If your posture is out of normal balance and alignment, then this is a good indication that your spine too is out of normal balance and alignment. Analysis and correction of posture problems is essential for optimal health.

## **3. Does the chiropractor take his/her own X-rays on the first visit? Or, does the chiropractor refer for X-rays on the first visit?**

Not all chiropractors refer for X-rays as part of their initial assessment procedures. If this is the case, you will still get great chiropractic care. However, X-rays are an integral part of a chiropractor's assessment of misalignment patterns of the spine, and in my opinion, should be a part of the initial assessment. Patients that receive X-rays in my office are very appreciative because the X-rays visually depict their spinal condition and not many doctors send them for X-rays.

## **If yes, does the chiropractor take his/her X-rays with the patient standing?**

Most chiropractors who take their own X-rays in their office will do them standing up. Nonetheless, this is a good question to ask, just to be sure. You want a standing X-ray. A standing X-ray will give a more accurate postural and spinal analysis because it takes into account the effect of gravity. Ask this question especially if the chiropractor refers their patients out for X-rays.

## **4. Does the chiropractor give or teach wellness workshops/seminars in the office?**

This is not a requirement for great chiropractic care, however, when you go to a chiropractor that gives his/her patients wellness workshops/seminars, you are going to a chiropractor that is leading their patients to have a healthier lifestyle. If the chiropractor does not do this in a workshop format, at least ask if the chiropractor gives his/her patients lifestyle recommendations during the office visits.

## 5. **Is this a family-oriented/children friendly practice?**

### **Does the chiropractor check/adjust children?**

This is a relevant question if you are looking to have your children checked by the chiropractor. Not all chiropractors will see or care for children. Chiropractic checkups are essential for children. So, if you are intending to have your children checked by the chiropractor, ask if the chiropractor does check children. Also ask if the chiropractor has any certification for pediatric care. This is not always necessary for the chiropractor to see your child, however, it does tell you that the chiropractor received further, continuing education in the area of chiropractic care for children. If the chiropractor does see and care for children, ask what the earliest age the chiropractor starts seeing infants is, so you are sure your child will qualify for a checkup by the chiropractor.

## 6. **Does the chiropractor check/adjust pregnant? Is the chiropractor certified in Webster Technique?**

This is a relevant question if you are pregnant. Not all chiropractors put emphasis on pregnancy chiropractic care. If you are pregnant and are looking for chiropractic care, ask if the chiropractor has sufficient experience with pregnancy chiropractic care. You can also ask if the chiropractor is certified in Webster Technique. Webster Technique is a specific analysis and correction of pelvic misalignments that is specially useful for pregnant women.

## 7. **Who does the chiropractor get checked and adjusted by? Does the chiropractor himself/herself get adjusted regularly?**

This may seem like an awkward question, but think about it. If you hired a personal trainer to teach you how to exercise and what to do to get into shape, and the trainer does not exercise regularly, would you want to go to such a trainer?

Would you go to a dentist who doesn't brush his teeth everyday and get his teeth cleaned twice a year? Would you follow dietary advice from a nutritional consultant that eats fast foods, junk foods and doesn't eat clean, wholesome, nutritious foods? I'm confident that the answers to these questions would be "NO".

So the same holds true for chiropractors. You would want to go to a chiropractor who follows his/her own chiropractic recommendations and gets checked/adjusted regularly by another chiropractor. Does this make sense?



I hope you found this guide helpful and useful. Congratulations for pursuing chiropractic for your healing journey.

If after reading this Resource Guide, you need further assistance in locating a chiropractor, call my office at **(905) 303-1009** and we'll do our best to refer you to a suitable chiropractor in your geographic area.

Wishing you a healthy and happy life.

Dr. Walter Salubro