

Dr. Conrad Nieh, D.C.

500 Sutter St. Suite 601 San Francisco, CA 94102
(415) 902-5979 Tel • (415) 241-8373
connie@archchiro.com • www.archchiro.com

How does Chiropractic work?

Improper motion or alignment of the moving bones of the spine called a "subluxation," commonly referred to as a "pinched nerve," can interfere with proper nerve functioning therefore irritating nerves and compromising the function of the effected organs and tissues. Specific spinal adjustments by the Chiropractor can help normalize neurologic functioning. Health often returns with this restored nerve functioning.

Do I have a pinched nerve?

A pinched nerve is rare. It is more likely that adjacent spinal bones irritates joints and ligaments altering joint function. The subluxation or "pinched nerve" distorts the normal functioning of the joint creating tension on spinal ligaments reflexively causing muscle spasm which can cause stiffness, muscle spasm and impair circulation, not directly from a pinched nerve.

How do you get subluxations?

There are many causes some of subluxations. Most commonly injuries such as slip and falls, motor vehicle accidents and repetitive motion disorders. Emotions such as anger, grief and fear as well as chemical influences such as alcohol, drugs, pollution and diet can cause subluxations. The Chiropractor reduces subluxations with a spinal adjustment

What is an adjustment?

Adjustments by a Chiropractor involves a quick, low amplitude thrust that restores normal spinal motion and improves posture and alignment. Some methods include the mechanical impulse to make the correction such as a cervical adjusting instrument.

Are chiropractic adjustments safe?

Yes. A New Zealand the government study found that adjustments are "remarkably safe." By avoiding drugs and risky surgery, chiropractic care enjoys an excellent track record. Compare the statistics. Adjustments are about 100 times safer than taking over-the-counter pain reliever.

How many adjustments will I need?

The number of adjustments vary with each patient and their individual goals. Many patients sense progress within two to four weeks of frequent visits. In general, the more

chronic a condition, the longer it will take to recover, sometimes months or years. The Chiropractor will discuss the likely outcomes during your initial report of findings visit.

How long until I feel better?

Some patients experience almost instant relief. Others discover it can take many weeks or months. Many factors affect the healing progress. How long have you had your problem? Are you keeping your appointments? Are you getting the proper rest, exercise and nutrition? Do smoke? Are you in otherwise good condition? Within a short period of time, most patients who follow the recommended treatment plan get the best results.

Will I ever be normal again?

Patient results vary. Many report improved spinal function and total resumption of their normal lifestyle. Those who neglected or delayed seeking care from a chiropractor often see slower progress. After improvement, many patients discover that periodic chiropractic checkups can help avoid a relapse.