

FAQ

FAQ: Chiropractic

How safe is chiropractic care?

Chiropractic care has an exceptional safety record when provided by trained, licensed professionals. It is one of the safest, drug free, non-invasive therapies available. One of the best ways to compare safety is by considering the cost of malpractice insurance. The cost of an average year of malpractice insurance for a chiropractor barely covers a month of a medical primary care doctor's malpractice insurance.

What type of education and training do chiropractors receive?

Educational and licensing requirements are the most stringent of any health care professionals. Most students interested in becoming chiropractors begin their journey by acquiring four years of pre-medical undergraduate college educations. Once accepted to a nationally accredited chiropractic college they begin their 4-5-year doctoral graduate school program. The curriculum requires a minimum of 4,200 hours of classroom, lab and clinical internship. Once their education is complete they must take and pass a National Board exam and then apply for licensure in the state within which they wish to practice.

Will my adjustment hurt?

Adjustments do not hurt. Sometimes a person may be sore after their first few adjustments. The degree of soreness is the same as a person may experience after exercising at the gym. This soreness is caused by the body adjusting to the

realignment of the spine which has been in the same position for a long time. Think of it as a new gym routine; muscles, ligaments, and tendons need time to readjust to the re-alignment of your spine.

Is chiropractic appropriate for children?

Not only is chiropractic care appropriate for children, it makes its most powerful impact on children. Receiving chiropractic care is about much more than back aches. [Studies](#) have shown that regular pediatric chiropractic care can bolster children's immune systems, improve sleep quality, even improve behavior and attitude. Most people incur their first subluxation, misalignment of the spine with nerve pressure, during the birthing process. Our goal is to correct any misalignments in the spine to allow the nervous system, the system that controls all our body's processes, to function optimally without interference. The earlier in life a person gets adjusted the better!

Does everyone get the same adjustment?

Absolutely not! Every adjustment is specific and individualized to what your body needs. Each adjustment is as unique as each of our bodies are.

What is that popping sound I hear when I get adjusted?

The popping sound is a phenomenon known as "cavitation". A cavitation in a joint is caused when a change in pressure in a joint occurs and releases a little pocket of gas in the joint. To most people this release feels great, but if the sound is an issue for you please let us know. Many chiropractic adjustments can be done without causing that sound and are just as effective. Also unlike what some of our grandmothers told us that popping does not cause arthritis or have any

negative effects on our body in general.

FAQ: Financials

What financial options are available?

There are several financial options at WFC. We offer individual or family care plans. Similar to a health club membership, our practice members may opt for one our affordable Chiropractic Care Plans. These plans offer access to all necessary chiropractic adjustments with a 20%-50% savings from the usual fees. These plans are determined on an individual basis as indicated by our findings and are discussed at a person's second visit. (link to that page) People can also pay at a per visit fee a la carte. We accept cash, checks, and all major credit cards.

Do you take insurance?

We will do all that we can so that you can collect benefits from insurance companies that you are entitled to. We do not bill directly to indemnity insurance companies (health insurance carriers). If you have 'out of network' benefits, we provide statements for you to submit for insurance reimbursements. Chiropractic services are also covered by Worker's Compensation, Personal Injury Protection (auto insurance), and Medicare.

Can I use my Flexible Spending or HSA account?

If you have a pre-tax Flexible Spending Account or a Health Savings Account offered by your employer the balance in this account can usually be allocated for health related services and products, including chiropractic services. We are happy to provide you with a receipt for reimbursement. Please verify

reimbursement details with your employer.

Do I need an x-ray?

We only recommend x-rays if we feel they are necessary and make this decision on an individual basis. The reason we take x-rays is because they act as roadmap for the best course of care to best care your spine. They can also help us reveal past injuries, possible underlying causes of discomfort such as spinal curvatures, signs of arthritis, and the degree of degeneration.

FAQ: Your First Visit

What do I need to bring?

Just yourself! If you want to be ahead of the game feel free to fill out your [intake forms](#) and bring them in completed. This will expedite your first visit.

Where do I park?

- Parking is available around the circle and down the driveway. Please do not park to the right of the front walkway. This is reserved for staff, family, handicapped individuals, or others requiring special consideration.
- For the safety of all our patients, please observe a 5-mph speed limit always in our driveway.

If you have any other questions, please don't hesitate to ask. [Email](#) us or call!