

FREQUENTLY ASKED QUESTIONS

1. Does it hurt?

No. Chiropractic care in general does not hurt. However many patients may present with severe pain, swelling or muscle spasm which can take some time to reduce even with treatment.

2. Do you just fix Backs?

No. Chiropractors are trained to treat all joints and wells as muscular injuries.

3. Can anyone see a chiropractor?

Yes our patients range from newborn babies to our seniors in their 90's. Chiropractic care can be varied to suit the individual's age, general health and accommodate any pre-existing injuries or conditions.

4. Is it safe?

Yes. Patients are thoroughly assessed to ensure that they are a suitable and would benefit by care. However, it is important that the patients discuss with their chiropractor all relevant history such as car accidents, any serious fall, accidents or injuries and all significant medical history.

5. How long will it take to get better?

Each case is different and each individual is unique, therefore, it depends on the individual and what is the cause of the problem.

6. Do I need an X-Ray?

Each patient is assessed on a case by case basis. Some patients may require an X-ray to ensure that the chiropractor has all of the required information to determine what is causing the problem and the best way to treat the patient.

7. What is dry needling?

Dry needling is a form of treatment for muscular pain that involves the insertion of very fine single use needles. We find that dry needling is extremely effective in the treatment of shoulders, bursitis, hamstrings, hips and knees.

8. Can you help my shoulder pain?

Of course it depends on what is causing the shoulder pain. In general chiropractic care is very effective in the treatment of shoulder issues. We also have sports taping and rehabilitation exercises that can also aide in the recovery.

9. Can you help with my headaches/migraines?

Yes. Chiropractic care is a well studied form of treatment for migraines and chronic headaches. It is also an excellent preventative for chronic migraine management.

10. What is maintenance care?

Maintenance care involves regular chiropractic checkups and treatment that acts as a preventative and keeps you functioning at your best.

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