

**Frequently Asked Questions, by George C. Cunningham, DC**  
**www.cunninghamchiropractic.com**

**1. Does Insurance cover Chiropractic Care?**

Most insurance policies cover chiropractic care including No-Fault and workers compensation. We participate with most insurance carriers including Blue Cross/Blue Shield, United health Care, Aetna, MVP and the Empire plan. Our office will also gladly bill the insurance carriers for you. Exact insurance benefits will vary by group and plan. So please call our office and one of our helpful staff will be glad to contact your carrier to let you know your particular plans benefits

**2. How long does the initial visit last?**

The initial visit, which will include your health history, exam and X-rays, if necessary. The exam will include range of motion testing, neuralgic, orthopedic, and chiropractic test. The visit will take approx 45 minutes. We can email or fax you the initial office and insurance paperwork, so that your visit to our office is expedited.

**3. What is Chiropractic, and how does it play a role in our health?**

Health, as defined by Dorland's Medical Dictionary, is normal state of mental, social, spiritual and physical well being, not merely the absence of disease and informatory, or normal function. Chiropractic is primarily about wellness. Whereas medicine has historically been concerned with treating sickness and disease, chiropractic care historically was focused on helping the body function better. Specifically, this is done by identifying spinal misalignment or dysfunction and working towards correction of it. This correction reduces stress on the spinal nerves and entire nervous system; thus allowing the body's inherent healing abilities and normal health systems to fully express themselves. Chiropractic involves aligning the spine, so that our bodies function at 100%. Subluxation is a misalignment of the spine that puts pressure or causes irritation to the nervous system. It can be caused by poor posture, poor sleeping habits, strenuous exercise, injuries stemming from poor working conditions, sports, slips or fall, even the birthing process itself for the mother and for the child.

**4. What is an adjustment?**

An adjustment is a precise procedure in which a trained Doctor of Chiropractic exerts specific corrective pressure at specific places on your spine to correct spinal alignment and mobility. Adjustments help relieve associated muscle and nerve tension, improve balance and assist healing.

**5. What treatment can I expect?**

Besides the adjustment your treatment in our office may include other modalities such as electric muscle stimulation, ultrasound, moist heat, ice, massage or others. Dr. Cunningham will also take the time to counsel you about prevention of disease and future back/neck problems. You will be instructed in proper ergonomics and home care including exercises.

**6. 28 tips for a better spine:**

- i. Exercise Regularly
- ii. Eat healthy
- iii. Invest in a good pillow and mattress
- iv. Maintain spinal flexibility
- v. Balance carrying items over 10#
- vi. Avoid prolonged sitting/standing
- vii. Avoid cradling the phone between your neck and shoulder or use a headset
- viii. Sleep on your back or side, not your stomach
- ix. Sleep on a firm mattress
- x. Maintain good posture
- xi. Invest in good/proper foot wear
- xii. Invest in good supportive chairs with firm cushions
- xiii. Have regular spinal check-ups.
- xiv. Use proper lifting techniques, lift with your legs not your back.
- xv. Walk regularly, assume an erect posture, and avoid slumping.
- xvi. Avoid muscle fatigue and back strain, rest periodically.
- xvii. Avoid high impact activities.
- xviii. Think ergonomically
- xix. Use posture support-enhancing products to give added support to poorly designed furniture.
- xx. Listen to your back. Pain is a warning sign.
- xxi. Avoid excessive bodyweight
- xxii. Avoid smoking.
- xxiii. Drink an adequate amount of water.
- xxiv. Get enough sleep
- xxv. Wear a support bra to reduce strain upon the neck and upper back
- xxvi. Increase abdominal strength
- xxvii. Learn and apply relaxation techniques to manage stress.
- xxviii. If back or neck symptoms persist see your chiropractor or spine physician.**