

Your Back Hurts, Your Neck Hurts...

Do you need Chiropractic? How to know? How do you Pick the right Chiropractor?

You are hurting, first you thought it would go away. Then you tried pain medication, Injections, Physio, massage and many other of the choices people make for finding relief... Nothing is really helping So you are considering chiropractic...

This Report will show you how to know for sure if Chiropractic is what will help you... Just because your back or neck are hurting does not mean you can get help from chiropractic. **You need more information.**

Here is your guide to know if Chiropractic can help And how to choose a great Chiropractor



1 Posture

In the picture above you can see on the left healthy posture when looking from the side. Head is in balance with the shoulder, Shoulder in balance with the hip, hip in balance with the ankle. If you are in alignment like the image on the left you may not need chiropractic...

If you look like the one just to the right of it with the head forward and the upper back rounding and humping you need chiropractic help.

2. Feeling stiff

Feeling if you are feeling stiff in any area and you feel like your movement is limited like it is hard to put on socks and shoes, or your head does not turn like it used to. These are clues that you have spinal joint dysfunction and motion restriction... If you feel that you need chiropractic help.

Grinding sound

That Grinding sound and feeling when you are trying to turn your head from side to side... this feeling sound is a sign of severe spinal joint restriction and you for sure need chiropractic help.

If you are having one or more of these signs Chiropractic is for you.

Even if you are not having pain and you have any of these 3 signs you should seriously consider finding a chiropractor. Okay now you know that you need Chiropractic...

How do you pick the right one?

Here is your list of questions to ask before you schedule an appointment.

Did the Chiropractor actually go to an accredited 4 year doctor of chiropractic school?

Do not be fooled taking a course on a weekend to learn a couple moves to crack a

back does not make someone a chiropractor. In an accredited school a chiropractor is trained in diagnosis and has almost 2000 hours of training in spinal adjustment techniques. Dr. Deutscher has been in practice since 1997, and over his career has performed well over 3.5 million spinal adjustments.

Do you require X-rays of the spine?

Many Chiropractors believe they have x-ray vision and think they can tell how healthy your spine is by looking at posture and feel. This is without question not safe. Without X-rays it is guessing and gambling, You should not be guessing when it comes to your spine and spinal cord, this system is one of the most vital organs you have. It connects your brain to every other part of your body. If they do not require X-rays do yourself a favour and say thanks but no.

Do you work with people that have disc injuries?

If they say yes great, they know what they are doing.

Do they work on post surgery patients?

In most cases people after spine surgery require spinal correction to compensate for damage done from the surgery and to correct things that surgery simply can not correct.

Do they work on correcting the cause of the pain and posture shifts?

Or do they just try to reduce pain. If they say just pain reduction understand you will not get the long term results your deserve.

Do you work with children and elderly?

Most of the issues you are experiencing today started years ago whether you felt them or not, so helping children grow up with healthy spines makes sure they develop properly and stay healthy. Elderly people can maintain independence longer if they improve spine alignment and function. So if they say yes you are in a good place.

Will they explain the exam and x-ray results at a special visit?

To really understand the implications of spine problems takes focused effort. There are things you as patient deserve and need to know to make a complete recovery. If the Doctor does not have a set time for this explanation. Your chance of finding out what you need to know is almost zero. If they say yes you have found a great chiropractor.

Do treatments take longer than 5 minutes?

If any chiropractic treatment takes longer than 5 minutes you are not getting chiropractic, Chiropractic treatment should be brief because the purpose of they adjustment is to align your spine to help your body to heal itself. Period . If treatment takes longer than 5 minutes keep looking your health and your time are 2 of the most important assets that you have. Do not waste them.

Do they help with shoulder issues, elbow problems wrist problems knee and ankle problems?

If yes then you are talking with a great chiropractor.

Do they take follow up X-ray to prove progress? If yes great.

A bonus.. Can I just drop in for treatment once I have been through examination and x-ray analysis and have had everything explained to me? If they say yes amazing, one of the big stresses in life is being on time for appointments, at chiropractic dr. Deutscher you can drop in anytime during working hour as long as it is 20 minutes before closing time.

At Kiropraktika Dr. Deutscher the answer to all these questions is yes.

A SPECIAL OFFER

For taking the time to download and read this guide here is what I will offer you. If you decide you want to come to Kiropraktik Dr. Deutscher.

For 40 euro which is the cost of your X-rays at Poliklinika Bates I will give you your examination your report of findings, (diagnosis and recommendations) + 3 treatments.

And a 250 euro discount on the kiropraktik dr. Deutscher intensive care correction plan so you save all together 380 euro.

Plus my guarantee if your examination and x-ray results show that your spine is normal I will give you back the money you paid for the X-rays from my own pocket.