

Pain Relief Chiropractic

**730 S. Pleasantburg Dr., Suite I
Greenville, SC 29607
(864) 918-6743**

Here is some detailed information about your first visit to Pain Relief Chiropractic with Dr. Haney Armaly.

Before we begin you will fill out some paperwork and verify your insurance benefits.

Consultation

I will meet with you to listen as you share about your injury, aches, and pains. I will ask questions as we discuss your concerns.

We will discuss the type of pain you experience, what caused it, how long it has been hurting, how often it hurts, and what you are doing that makes it feel better or worse. I will ask about the type of treatment you have received and how it helped – to avoid duplication of care.

After we gather all this information, you will tell me about any old accidents, injuries, falls, or other incidents. Many times, old traumas contribute to present time symptoms.

After we finish gathering all the information, my last question will be, “Is there anything else you want to share with me pertaining to your symptoms?”

Remember, the primary purpose of this consultation is to determine if I can help you or not – I will certainly let you know.

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Examination

The examination is designed to detect the underlying cause of your pain but not the pain itself. Because the pain is a signal from the brain telling the person that there is a health problem that needs immediate attention. It is like the smoke alarm in your house.

The more you know about what causes pain, the better choices you will make to take care of the underlying root-cause of the pain. When we experience a trauma the body release chemicals and those chemicals will irritate the nerve endings which elicit the sensation of pain into the brain.

The most common root-cause of the neck or back pain are resulted from misalignments (which is caused by a trauma) in the joints that creates joint inflammation along with soft tissue inflammation – including muscle, tendons fascia and ligaments.

Without doubt anti-inflammatory and pain killer medication will address the inflamed joints and soft tissue temporarily, but it doesn't correct the joint misalignment the - root-cause.

So, my goal of the examination is to find out all I can about the root-cause of your pain – the misalignments.

Treatment & Pain Relief

Once I find the misalignments and the damage that it caused to the joints and the soft tissue that surround it, I will start my treatment immediately.

The treatment consists of Gentle chiropractic adjustment that does **not** require twisting or cracking. It is delivered by an instrument that produces a light thrust to adjust the misaligned joint. This procedure will help the inflamed joint to move and feel better.

This is followed by soft tissue therapy to reduce the inflammation which helps you to feel better before you leave our office.

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Recommendation

When you come to my office seeking help with aches and pain, my primary concern is what can I do to help YOU feel better before you leave my office.

I will focus all my energy on providing two things:

1. Pain relief before the you leave my office.
2. To keep the pain relief going until the misalignment (root-cause) and the soft tissue recover. This full recovery takes 6-9 weeks.

Although long term care plans (9-18 months of care) are very common in the chiropractic profession, I don't do that.

What can you do at home to help to speed up your recovery?

You will be given a booklet with several instructions on what you can do at home to help your body recover from this complicated situation. It is simple and easy.

I am looking forward to helping you feel better.

Dr. Haney Armaly

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www.ArmalyChiro.com