

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser

Powers & Jans Centre

The Experts® on Chiropractic Care:



Dr. Rick Powers Dr. Wallace Jans Dr. Crystal Taylor Dr. April Ruzucky Dr. Sheldon Cherniak

The Experts®
you need to know
on Chiropractic Care



Dr. Wallace Jans

WHERE, WHEN, & WHEN NOT TO ADJUST

The majority of patients initially come to our office because of pain. This is most often in the neck, back, or head, but may also be in the jaw, shoulder, hip, knee or any other joint. The pain may be originating at the exact point where it is felt, but just as commonly the pain origin is somewhere else entirely. This is not surprising if we consider that the body functions as one whole unit. Everything affects everything else. For example sitting in a chair with poor posture will cause spinal stress and headaches may result. The pain is in the head, but the cause is the poor posture. Simply treating the head pain may provide temporary relief but until the spinal stress is taken care of, the headache will continue to return.

A challenge for chiropractors is to locate the cause of the problem as opposed to the simply treating the site of pain. Very often temporary pain relief results when treating the point of pain directly, but in a significant number of cases this actually irritates the condition. That is something that should be avoided. A good chiropractic analysis will determine which points of the body should be given a chiropractic adjustment and which should not. This can be crucial to successful outcomes.

The chiropractic analysis should also provide an indication of When and When Not to adjust an area. Sometimes the Where to adjust is obvious, but due to the condition of the body such as inflammation, spasms, contusions, compensations, etc. now may not be the optimal time to adjust a specific loca-

tion. Concentrating on other related areas first will provide better progress. As indicated by the body, the original location can successfully be adjusted at a later time with better results than if it had been adjusted earlier in the care plan. The best outcomes are achieved when the right places are adjusted at the right time.

The chiropractic analysis protocols used in our office focus on the Where, When and, very importantly, When Not to adjust. By using feedback from the body's postural balance mechanisms we are able to determine on a visit to visit basis what should or should not be adjusted to achieve the best results. These protocols have been shown to be very reliable both within a single practitioner and between multiple practitioners. Patients love the results.

Can chiropractic help you? Call 403-529-9069 today for a free consultation.



Can Chiropractic help you?
Call 529-9069 today for a **FREE CONSULTATION**



The Big White House on 6th St. just off Kingsway
737 - 6th Street SE

Ph: (403) 529-9069

Check our blog
www.powers-jans.blogspot.com

For the latest news and
events at our office

Find us on
Facebook

www.facebook.com/PowersAndJans

www.powers-jans.com