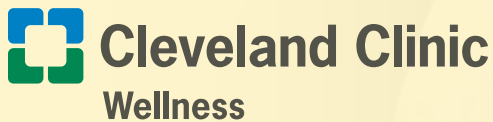




TANYA I. EDWARDS, MD, CENTER FOR INTEGRATIVE MEDICINE



# Chiropractic Physician Services

## What are chiropractic physicians and what do they do?

Chiropractic physicians are established members of the mainstream medical team. They treat problems involving the muscles, tendons, ligaments, bones, cartilage and nervous system. Chiropractic physicians can perform soft-tissue therapies, prescribe corrective exercises, and safely manipulate the spine or joints to help you avoid surgery and medication. You may benefit from the chiropractor's "hands on" approach to relieve chronic pain from old injuries or for acute pain from new injuries, including:

- Neck or back pain
- Pelvic pain
- Shoulder, elbow or wrist pain
- Knee, hip or ankle pain

## What do wellness chiropractic physicians do differently?

Wellness chiropractic physicians consider the "whole patient" and not just the area that hurts. They receive extra training in exercise prescriptions, corrective exercises, advanced nutrition, and dietary and lifestyle intervention. Wellness chiropractic physicians are specially trained to incorporate chiropractic treatment into complex medical care, working with your primary care doctor and specialists.

## What happens during a chiropractic session?

During the initial one-hour visit, your chiropractic physician will:

- Ask questions to obtain your complete personal and family health history
- Give you a thorough orthopaedic and neurological exam, evaluating the texture, tightness and movement of muscles, tendons, ligaments and nerves in any problem areas

continued

- Create a customized treatment plan based on your needs
- Coordinate all ongoing care with your primary care doctor or specialist(s)

Once you are an established patient, follow-up visits usually last 45 minutes.

### What does chiropractic treatment involve?

Chiropractic treatment is aimed at improving musculoskeletal mechanics, increasing your strength and alleviating your discomfort. The goal is to restore you to full function while your body heals itself naturally. Safe, noninvasive, effective treatments can help to restore pain-free movement and normal range of motion. Treatments include:

- Corrective or rehabilitative exercises prescriptions to increase muscular endurance, improve function and reduce stresses on the body
- Soft-tissue therapy, including active release therapy, myofascial release therapy and cross-tissue friction massage
- Spinal or joint mobilization and manipulation when needed
- Joint bracing or muscle taping to support an injured area or improve muscle performance and overall function
- Nutrition recommendations to reduce weight and relieve joint pain and posture problems

### Are visits to wellness chiropractic physicians covered by insurance?

The vast majority of chiropractic treatments are covered by health insurance plans. Check with your insurer, because coverage differs among carriers.



Contact the Tanya I. Edwards, MD, Center for Integrative Medicine for chiropractic physician appointments

To schedule an appointment for chiropractic services or other forms of integrative medicine, call [\*\*216.448.HEAL\(4325\)\*\*](tel:216.448.HEAL(4325)). For information on Center for Integrative Medicine service, please visit [\*\*clevelandclinic.org/integrativemedicine\*\*](http://clevelandclinic.org/integrativemedicine).