

# Mountain View Chiropractic

5001 N Granite Reef Rd. Ste B – Scottsdale, AZ 85250  
(480) 941 – 2454

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## 1. **Does my insurance cover chiropractic?**

Most major insurance plans do cover chiropractic care. Please call our office with your insurance information and we would be happy to check your chiropractic coverage for you.

## 2. **Can a person who had back surgery see a chiropractor?**

Yes, surgery doesn't always cure the problem. Symptoms often return months or even years later. Patients often face the possibility of a second surgery. Chiropractic may help prevent repeated operations.

## 3. **Does it hurt to be adjusted?**

Everyone responds differently. It should not hurt. Some people may experience a soreness or stiffness. This is okay. The important thing is to tell your doctor. Dr. Renée can do many different types of adjustments. You and your doctor are a team, you should communicate with Dr. Renée to get the best results.

## 4. **How long does it take to start feeling better?**

Everyone's condition is different; and feeling better may depend on the individual as well as the individuals' commitment to following their prescribed treatment plan including any home therapies (if prescribed).

## 5. **Are chiropractic treatments safe?**

Chiropractic is among the safest of the healing arts. Chiropractors malpractice insurance premiums are a small fraction of those for medical doctors, especially orthopedic and surgeons.

## 6. **Do chiropractors believe in medicine and surgery?**

Certainly, there are times when intervention in the form of medicine or surgery is absolutely necessary.

## 7. **What causes the “pop” sound of an adjustment?**

Actually not all adjusting techniques produce the sound associated with the popping of knuckles. Should you hear the sound, it is merely the sound of carbon dioxide escaping the joint when the joint is moved during the adjustment.

## 8. **Is chiropractic similar to massage?**

No. Chiropractic deals with the nervous system, muscle tissues and joint tissue. Massage therapists deal with muscle tension, circulation and body fluid drainage.

## 9. **How often should I get an adjustment?**

Dr. Renée will work with you, as each person is different, to create a custom treatment plan specifically for you.

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## **10. Does the doctor require X-rays?**

Dr. Renée will recommend X-rays if they are medically necessary.

## **11. Is it bad to “crack” your own neck or back?**

The desire to pop your neck or back is caused by tension from a jammed or fixated vertebra (subluxation) that causes another part of the spine to compensate. It is wisest to have a skilled doctor of chiropractic realign the spine properly rather than having it move the path of least resistance which may not be the best movement for your condition or the best for your health care.

## **12. At what age should chiropractic care begin?**

Newborn infants have received spinal adjustments after the trauma of the birthing process. Dr. Renée’s niece was adjusted when she was only 30 minutes old!!!

## **13. Can I go to a chiropractor if I am under medical care?**

Absolutely! The chiropractic care will assist you in the healing process and boost your immune system and affect you in a positive way. Chiropractors correct subluxations. Many DC’s and MD’s are working together in clinics and on joint research projects. Many medical doctors see Dr. Renée as well.

## **14. Why do I have to come back so often?**

Your problem didn’t happen over night. Our first goal is to get you out of pain. Then we can work on correcting the problem rather than just masking it. Going to a gym once or twice a week won’t get your body in shape. Getting one or two adjustments often times will not correct your condition.

## **15. I’m not sick, should I see a chiropractor?**

Yes, symptoms are not a good way to judge health. They sometimes surface after years of body malfunction.