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"treating the cause of your problem, not just the symptoms"

Some "FAQ's" for You

Does chiropractic treatment require a referral from an MD?

No. A patient does not have to be referred. Chiropractors are legislated as primary contact health care professionals in every province in Canada. This means that patients can consult them directly. However, chiropractors often work closely with MDs, 44 per cent of whom refer their patients to chiropractors when they believe chiropractic treatment will help alleviate a patient's condition. Similarly, chiropractors frequently refer to medical doctors when necessary.

Is chiropractic really scientific?

Chiropractic is a healing discipline firmly grounded in science. Few other health care interventions have been assessed as extensively as chiropractic manipulation, both in terms of safety and effectiveness. There have been at least six formal government inquiries into chiropractic world-wide over the last 25 years and all have concluded that contemporary chiropractic care is safe, effective, cost-effective and have recommended public funding for chiropractic services. In addition, there have been countless scientific clinical studies assessing the appropriateness, effectiveness, and/or cost-effectiveness of spinal manipulation or chiropractic manipulation, most notably for low back pain. The Canadian Institutes for Health Research (CIHR) now offers research grants in partnership with the Canadian Chiropractic Association to chiropractors and other scientists for high quality, chiropractic research.

How many people see chiropractors?

Public surveys are finding that the proportion of Canadians that are consulting chiropractors is rising every year. Statistics Canada data found that over 11 percent (3 million) Canadians consulted a chiropractor in 1996. The figures today are closer to 15 percent, or over 4 million Canadians annually. There are approximately 35 million office visits to chiropractors each year.

How is chiropractic adjustment performed?

Chiropractic adjustment or manipulation is a manual procedure that utilizes the highly refined skills developed during four intensive years of chiropractic education. The chiropractor typically uses his/her hands to manipulate the joints of the body, particularly the spine, in order to reduce pain, and restore or enhance joint functioning.

Chiropractic manipulation is a highly controlled procedure that rarely causes discomfort. The chiropractor adapts the procedure to meet the specific needs of each patient. Patients often note positive changes in their symptoms immediately following treatment.

What kind of education and training do chiropractors have?

Chiropractors are educated as primary contact health care practitioners, with an emphasis on neuromusculoskeletal diagnosis and treatment. Preparation for the practice of chiropractic is concentrated on three areas: basic training in the biological and health sciences, specialized training in the chiropractic discipline, and extensive clinical training. Becoming a chiropractor in Canada requires a minimum of 6 years of post-secondary education including no less than 4500 hours of classroom and clinical instruction at an institution approved by the Council on Chiropractic Education Canada.

Why is there a popping sound when a joint is adjusted?

Adjustment of a joint may result in release of a gas bubble between the joints that makes a popping sound – it's exactly the same as when you "crack" your knuckles. It is not painful. It is caused by the change of pressure within the joint resulting in gas bubbles being released.

If you have any other questions, please do not hesitate to contact me directly at my office.