

FAQ's



Does it cost anything to make an initial appointment with a Chiropractor?

The initial appointment typically includes a detailed history and examination and usually takes about 30 minutes. As with any doctor, fees would apply. However, you are welcome to book a free consultation to meet with the Doctor just see if your problem is likely to benefit from Chiropractic care. A detailed history and examination will still need to be done after that point should you decided to proceed.

Will going to a Chiropractor hurt?

Most patients do not experience additional pain during the treatment, but of course some do, as there are few treatment procedures of any kind that are absolutely pain free. Any additional pain that is felt typically does not last long and is similar to the soreness you can get after new exercises.

Is there any medical proof that being adjusted can cause a stroke?

No. This issue has been studied extensively over the past 20 years by experts in many fields and still it can not be shown that this type of treatment causes stroke. The latest research shows that the associated relationship is less than one in a million, thus making it safer than a typical drive in Calgary.

Why don't Medical Doctors seem to like Chiropractors?

It is difficult to understand the motive of some Medical Doctors for not wanting to work with Chiropractors. The available research clearly demonstrates that the treatment Chiropractors provide, for the problems they typically treat, is at least as effective as what a Medical Doctor can provide or recommend.

The younger Medical Doctors are exposed to more of this research and not surprisingly they are more likely to work with Chiropractors. This is becoming much more common. There are many Medical Doctors that have gone back to school to become Chiropractors and visa versa. There are over 100 hospitals in North America with Chiropractors that have admitting privileges.

At Optimum Wellness Centres we believe in the concept of integrated multidisciplinary health care, which is why we offer all of the services we do. In the not so distant future, we believe this will include Medical Doctors.

Is Chiropractic care expensive?

Over the past 30 years there have been many studies by different types of experts that have repeatedly shown that Chiropractic care is one of the most cost effective methods of treating musculoskeletal problems. This is why here in Alberta we are a preferred source of health care by WCB.

What can Massage Therapists do that a Chiropractor can't?

The Massage Therapists at Optimum Wellness Centres have expertise in the treatment of hypertonic muscles. Most musculoskeletal problems especially those of the spine involve not only the joints of the spine, but the muscles too. Combining both types of care is very effective.