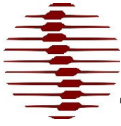


# How to recognize good chiropractic care



This is useful.

Dr. Peter Stanton, a chiropractic [orthopedist](#) from Burke, Virginia, offers these guidelines for identifying a chiropractic physician and the expected course of events during chiropractic care.

How does your chiropractor measure up?

Avoid chiropractors who...

- Emphasize “philosophy” or tout their treatment as a substitute for general medical care
- Apply pressure sales techniques or rely on their charismatic personalities
- Insistence on taking x rays of every patient

Typical treatment scenario.

- A trial of 2 to 3 weeks of care consisting of 4 to 6 treatments
- Noticeable improvement during that time
- End treatment if you are no longer making progress
- Instruction on the use of complementary home care such as exercises, stretching, and proper ergonomics

Maintenance

- Do not return for weekly “maintenance visits” when treatment is finished.
- One visit every few months should be enough to maintain joint mobility for most patients.

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