



*Your Partners Against Pain*

**A**t *Western Reserve Spine & Pain Institute*, we believe the best patient is an informed patient. The following information is provided to answer your questions and alleviate the stress of not knowing, or worse yet, not knowing who to ask about a particular procedure or treatment. Please feel free to contact us if you have additional questions. At *Western Reserve Spine & Pain Institute*, we're your partners against pain and providers of peace of mind.

### **Commonly Asked Questions About Chiropractic...**

#### ***What is it?***

Chiropractic is performed by our Doctor of Chiropractic, Dr. Leone. He utilizes manipulation or adjustments of the spine and extremities to restore proper joint motion and or function. He may also use physical therapies such as specific exercises, electrical modalities or nutritional advice to assist in your treatment plan and your return to health.



#### ***How is Chiropractic done?***

A thorough medical history is taken and a physical exam is performed by the Doctor. He will explain your diagnosis, and then develop a treatment to address your specific problem. Treatments may include Manual therapy or specific Chiropractic adjustments, physical therapies to reduce pain, swelling and muscle spasm along with stretching and strengthening exercises.

#### ***What conditions does chiropractic treat?***

Chiropractic is probably most associated with treating conditions of the spine, but most injuries to the muscles, bones or joints may respond to chiropractic care. Research has found chiropractic to be effective for conditions such as sprain/strains, arthritis, disc degeneration and herniations as well as tendonitis. Many people have found relief of their headaches with chiropractic care. Feel free to talk with Dr. Leone to see if your problem might respond to chiropractic care.

#### ***How long will it take for Chiropractic to help me?***

Response to treatment will vary depending on the severity of your condition and how long you have had your problem, but most people will get some relief in 2-4 weeks.

#### ***What is ongoing chiropractic care?***

Once you are feeling better with chiropractic care, you will be given personalized exercises and homework recommendations to keep you feeling well. However, sometimes due to severe conditions and very physical jobs, people may require more regular, ongoing chiropractic care.

#### ***What are the benefits of chiropractic care?***

Relief from pain, improved range of motion and more restful sleep are just some of the benefits that patients have experienced with chiropractic care. A recent study found that 85% of people suffering from LBP found pain relief and improved mobility after undergoing chiropractic care. If you have a history of stroke, hypertension, joint replacement or a bone weakening disease let your Doctor or staff know. Certain diseases may cause your Doctor to modify your treatment plan. Other conditions such as pregnancy and pacemakers are important information for your doctor.



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