

## What is Chiropractic?

We can help. Here's how it works:

What is Chiropractic? Millions of important messages flow from your brain, down the spinal cord and out to every organ and tissue. Improper motion or position of the moving bones of the spine can interfere with this vital exchange of information by irritating nerves. Chiropractic is the gentle manipulation of the spinal column and surrounding joint spaces. Specific spinal adjustments can help improve communication between the mind and body. This works because you are a self-healing, self-regulating organism controlled by your nervous system. Chiropractic adjustments usually involve a quick, gentle thrust that helps add motion to spinal joints that are not moving properly. By decreasing irritation to nerves, pain can be decreased and often eliminated. At O'Neal Chiropractic Health Center many services are available including exams, x-rays, massage and other therapies, cold laser therapy and spinal decompression. Dr. O'Neal is not only skilled in spinal adjustments but extremity adjustments (shoulders, elbows, knees, etc.) as well. He is also skilled in the Activator Method. We welcome patients of all ages and accept most major forms of health insurance. If we are not contracted with your insurance company, we will provide you with a super bill, which you can submit for reimbursement. We also treat personal injury patients. Consultations can be scheduled at no charge by calling our office.

What to expect on your first visit  
[Download Patient Info Form](#)

Upon arrival, you will be asked to complete a few forms regarding your medical history (Click the link to the right to download and fill out the form yourself to save time during your appointment). Next, you'll be taken to the exam room where Dr. O'Neal will perform a physical exam to assess your condition. This exam is non-invasive. X-rays may be taken to further diagnose structural abnormalities and to rule out possible diseases.

Once your physical condition is determined, Dr. O'Neal will prescribe the necessary therapies to aid in your recovery process. Therapies are administered by one of our chiropractic assistants, in our office.

Your last stop will be the adjusting room where Dr. O'Neal will review your x-ray findings with you and perform an adjustment to improve proper joint range of motion, and let your body begin the healing process.