



Houston Area Chiropractor Releases Getting Started Guide

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Houston, TX based chiropractic clinic Core Chiropractic has recently released information for people who are interested in getting started with a chiropractor. This information, available on their website, is an explanation of the process of chiropractic care and what prospective patients can expect and do to make sure they are getting the best possible treatment from their chiropractor.

According to this guide, chiropractic care starts with a consultation to evaluate the patient, in order to determine what kind of treatment would be best for the individual patient, and what health conditions they might have that could potentially be treated by a chiropractor. The clinic has found that people often have other problems aside from the ones they initially go to a chiropractor to have treated, so they take time to discuss their patient's entire body and health make sure they are treating the whole person and everything they can treat and not just the things that the person decided to bring up as things they thought a chiropractor might be able to treat.

A chiropractic consultation is also a good time for the treatment provider to find out about the daily habits of their patients and their activities, to get an idea of how their body moves and works on a regular basis which

can help to identify issues, potential issues, and the causes of various issues that a patient might be experiencing. People who are frequent runners or gardeners may both struggle with pain in their knees, for example, but their backs are going to have entirely different use patterns and therefore different kinds of problems that require different kinds of treatment from a treatment provider such as a chiropractor from clinics like Core Chiropractic.

Once the consultation has been complete, a chiropractor will do an examination of the patient to look for physical signs of poor body health that the chiropractor might be able to treat. This examination includes a posture check, as well as determining a person's range of spinal motion. Between manipulating and feeling around a person's spine, the chiropractor can get a sense for what areas are problematic. Between this and a variety of other tests that a chiropractor can inform, the chiropractor will come up with an individualized treatment plan for their patients to get them to the best health they can.

The clinic has also recently released a blog post debunking common myths about chiropractic care, which can be found at <https://www.corechiropractic.net/top-3-chiropractic-myths-debunked/>. The first myth they debunk is that chiropractors aren't "real" doctors - they assure potential customers that chiropractors are educated, licensed and governed by the American Chiropractic Association which regulates licensing and makes sure all chiropractors are properly trained and do their job properly. The second myth is that chiropractors don't use diagnostic tools, since chiropractors do indeed use common tools such as xrays and ultrasounds to help diagnose patients and form a treatment plan for treating their issues. They also debunk the idea that the only thing a chiropractor can do is "crack your back", as chiropractors, including those at Core Chiropractic, have a variety of techniques they use to treat their clients, not just back cracking.

Patients of Core Chiropractic give generally good reviews. One review on the company website, from a customer by the name of Saul Gonzalez, says "Before coming to see Dr. Siegmund at CORE Chiropractic, I had no idea what to expect. However, after the first visit I knew I had made a great choice. Dr. Siegmund not only has been most informative about my back issues but has gone above & beyond to assist me with another matter. I actually look forward to my sessions because I feel so welcomed & I can relax. Along with an amazing Dr. they have the best staff! Alex, my favorite, is always so helpful in accommodating my appointments with my crazy schedule. I highly recommend Dr. Siegmund at CORE, to anyone that is looking to have a positive & outstanding chiropractic experience!"

Anyone who is interested in more information about chiropractic services from Core Chiropractic can contact the clinic or visit their website.

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For more information about Core Chiropractic, contact the company here: [Core Chiropractic](#) Dr. Philip

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Core Chiropractic

CORE Chiropractic strives to be the #1 choice for chiropractic care in Houston, Texas. We know that chiropractic is for people of all ages, is essential for good health, and we want to make a positive difference in the lives of our patients.

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