Questions to settle before booking chiropractor visits

Use these steps from the article to agree a chiropractor visit schedule that has a clear purpose and an end point.

- [ ] Ask the chiropractor how many sessions to expect before treatment starts.
- [ ] Ask about out-of-pocket costs and how many visits a year the insurance plan covers.
- [ ] Agree a re-evaluation date, for example after 4 to 6 visits.
- [ ] Expect visits to drop from 2 or 3 a week to 1 a week as back pain improves.
- [ ] Question any plan with no end date or no estimate of the number of sessions.
- [ ] See a doctor before a chiropractor after an accident or a suspected fracture.
- [ ] Get urgent medical advice for tingling, weakness or trouble walking after an accident.
- [ ] Tell the chiropractor about osteoporosis, arthritis, infections or pinched-nerve symptoms.
- [ ] Stay active between visits to reduce reliance on appointments.

Notes

For general education only. Not a substitute for professional medical advice.