

## What is a Chiropractor?

A chiropractor is a health care professional focused on the diagnosis and treatment of neuromuscular disorders, with an emphasis on treatment through manual adjustment and/or manipulation of the spine.

Most chiropractors seek to reduce pain and improve the functionality of patients as well as to educate them on how they can account for their own health via exercise, ergonomics and other therapies to treat back pain.

Chiropractic is generally categorized as alternative medicine or complementary medicine.

### Chiropractors: Fundamental Beliefs and Goals

Chiropractors focus on the intimate relationship between the nervous system and spine, and hold true the following beliefs:

- Biomechanical and structural derangement of the spine can affect the nervous system
- For many conditions, chiropractic treatment can restore the structural integrity of the spine, reduce pressure on the sensitive neurological tissue, and consequently improve the health of the individual.

The treatment concept of chiropractic is to re-establish

normal spinal mobility, which in turn alleviates the irritation to the spinal nerve and/or re-establishes altered reflexes.

### Conditions Treated

Chiropractors use a variety of non-surgical treatments to treat patients with certain types of:

- Lower back pain and/or leg pain (sciatica)
- Neck pain
- Repetitive strains
- Headaches
- Sports injuries
- Car accident injuries
- Arthritic pain

While primarily focusing on treating neuromusculoskeletal disorders, chiropractors are not exclusively limited to problems with the nervous system and musculoskeletal system.

## Dr. Mark W. Cafagna, DC

### Address

#### Cafagna Chiropractic

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### Qualifications

**Graduated From:** Palmer College of Chiropractic

**Years in Practice:** 30

### Treatments

- Chiropractic Adjustments
- Ultrasound
- EMS
- Deep Tissue Massage
- Spinal Axial Decompression
- Orthotics
- Trigger Point Therapy

"Do what you do so well that people would want to come back and tell others." ~ Walt Disney

When appropriate, chiropractors refer patients to medical doctors or other health practitioners for treatment of lower back pain. Many chiropractors have a local referral network or work together with other spine specialists in a multi-disciplinary or multi-specialty spine clinic.

### **Chiropractic Examination**

In many regards, a chiropractic examination is very similar to standard examination procedures administered by all health care providers. With that said, how chiropractors examine the structure and function of the spine and then determine specific chiropractic treatments separates chiropractic care from other disciplines.

### **Chiropractic Exam of Lower Back Pain**

An initial chiropractic exam for back pain will typically have three parts: a consultation, case history, and physical examination. Laboratory analysis and X-ray examination may be performed.

Many chiropractors utilize a holistic, biomechanical concept of treating the bipedal structure in its entirety, in an attempt to balance the structure from the feet upward.

Chiropractors are typically trained in multiple methods of assessing lower back pain, including:

- **Evaluation and management services.** Chiropractors are trained in examining the joints, bones, muscles and tendons of the spine, head, extremities and other areas of the body with the purpose of noting any misalignment, tenderness, asymmetry, defects or other problems.
- **Neurologic and other common physical examination procedures.** Chiropractors are trained to perform a variety of neurologic tests (nerve root compression/tension, motor strength, coordination, deep tendon and pathological reflexes, etc.) and are skilled in performing orthopedic, cardiovascular and

many other common examinations.

- **Specialized assessment.** Chiropractors are trained to assess range of motion, stability, muscle strength, muscle tone and other assessments with the lower back.
- **Common diagnostic studies.** Chiropractors are trained in use of diagnostic studies and tools such as radiography (X-rays), laboratory diagnostics and neurodiagnostics.

*Learn more about what to expect at your first chiropractic consultation:*

<http://www.spine-health.com/treatment/chiropractic/what-expect-first-chiropractic-consultation>

***Talk to Dr. Cafagna about specific questions related to your unique health situation.***

**Contact Dr. Cafagna  
to learn more or schedule an appointment**

760-410-2373

<http://www.spine-health.com/doctor/chiropractor/mark-cafagna-san-marcos-ca>