



Chicago Chiropractic & Sports Injury Centers

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First Visit Expectations

On your first visit to *Chicago Chiropractic & Sports Injury Centers*, the Doctors will take an extremely comprehensive history. Research has shown that 80% of a physician's diagnosis comes from the history provided by the patient. First, the doctor must ask the proper questions; then most importantly, listen to the patient's answers. After the history the doctor will then perform a physical examination. This exam will consist of orthopedic testing, strength and neurological tests, postural evaluation, core stability evaluation, range of motion tests, palpation of the injury site and an active release evaluation in order to locate possible adhesion sites and nerve entrapments. If the doctor feels you are a candidate for the care we provide; treatment options will be discussed. With Dr. Clendenin and Dr. Bocci's extensive sports medicine experience, aggressive care can begin immediately if the patient chooses to do so. In other cases, when time is not vital to participation; a more conservative approach can be taken. In either case, the patient's opinion regarding treatment options will be greatly considered.

If diagnostic studies are required they will be ordered. If you already have them they will be evaluated. Unfortunately, in many cases diagnostic studies such as X-Rays, MRI's, EMG's, etc., do not show the true cause of a patient's condition. In some cases they even show false positives or false negatives. Many of the causes of chronic pain, or frequent episodes of pain, are unable to be detected with routine diagnostic studies. The physician must take into consideration all aspects of a patient's history, evaluation, diagnostic studies, and overall condition to determine an accurate diagnosis and treatment plan.

Treatment phases will then be discussed, and care implemented. The initial phase of care is pain control. You cannot rehabilitate a patient in pain, simply because their range of motion is typically limited. We have many methods of pain control; from the conservative to some of the most aggressive treatments in use today. Many of our patients are referred to our office by their friends or their doctors, because they wish to attempt the least invasive form of care first. This would be the use of passive modalities (heat packs, ice packs, acupuncture, massage, electrical muscle stimulation, ultrasound, active release technique, cold laser, iontophoresis, phonophoresis, traction, trigger point therapy, stretching, etc.) and chiropractic adjustments or spinal manipulation.

If necessary; medication and trigger point therapy can be used. While this is not the preferred method; we also understand many people must function and sometimes this is the faster route. Unfortunately, this also can cause unwanted side effects.

This treatment, for the average patient, is typically recommended three times per week for about two to four weeks. In the case of professional athletes recovery time is of vital importance; it is not uncommon to treat an injury two to three times a day, seven days a week. In simple terms; the more you treat an injury the faster they respond.

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