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## Mixed Views

Posted by attagirl - 2007/06/26 02:58

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I know of several people that have used chiropractors and some of them say they are beneficial while others say that they are not. I want to know what you think about them and why? What they have done to help you and how it improved your life.

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## Re:Mixed Views

Posted by reiki2 - 2007/06/26 04:03

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Hi

Many years ago I damaged my back severely and suffered pain for many years. A friend suggested that I go to a chiropractor, which I did, and it worked. After about 24 hours the pain had gone.

I would add there seems to be several different types of chiropractic treatments, I went for the more gentle style, unfortunately I can't remember the technical name.

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## Re:Mixed Views

Posted by attagirl - 2007/06/27 02:50

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I would imagine that if you went to an experienced or well trained person that you might be more likely to have success especially if the proper technique was used.

do you think that most people who have bad experiences do so because they do not follow post treatment instructions.

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## Re:Mixed Views

Posted by drew888 - 2007/07/06 08:02

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I also injured my back many years ago and I went to the chiropractor. It actually worked and it got better. The only thing I was wondering about is a release form to protect the chiropractor if anything bad happened and he permanently injured me through any of his treatment. For example if he snapped my neck and I was paralyzed I couldn't do anything about it.

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## Re:Mixed Views

Posted by Forgive Darkness - 2007/09/25 06:52

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I have gone to one because my mother gave me gift cards to the local place since she knew I was having back problems from standing at work all day. I did not find my back to get any better though. The sessions were just long and uncomfortable.

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## Re:Mixed Views

Posted by Johnson486 - 2012/01/03 19:18

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All users participate really well in this thread and reply really useful answers.

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