

# Who's your chiropractor?



Dr. Michael G  
Giambertone  
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It occurred to me the other day that many people have a pre-conceived notion about chiropractors. We have many patients who come to us not knowing what to expect. They think that the chiropractor will "pop" or "crack" them and cause more problems. Well, just like any other doctor that you would go to, be sure to choose a chiropractor that is trusted and recommended. Up to 50% of our patients never have a "pop" or "crack". It all depends on the patient, the condition AND the chiropractor. We all practice differently. The root of the word chiropractic translates simply as "with hands". This means we do hands on therapy. That's where the similarity between chiropractors ends as there are hundreds of techniques and therapeutic procedures. There are chiropractors who specialize in orthopedics, pediatrics, sports therapy and even neurology. Be sure to choose a chiropractor whose technique works for you and that you are comfortable with, just like you would a dentist or pediatrician. See you next month!

## **Dr. Michael G Giambertone**

[www.drgiambertone.com](http://www.drgiambertone.com)

**Regional Director/ Take Shape For Life  
Certified Chiropractic Sports Practitioner**

80 Merrick Rd, Amityville, NY 11701

631-240-9296