



cover | story

nice adjustment

Once fringe, chiropractic care now gets mainstream acceptance

For years, Rachel VanHandel suffered from frequent migraines, that head-crushing pain that can temporarily derail you from daily life.

By the time she was in middle school, her mother sought an alternative treatment for her daughter: chiropractic care.

What they discovered surprised them, and also helped solve the mystery of her pain. VanHandel had a series of fused vertebrae in her neck, an apparent congenital defect that when aggravated pinched several nerves.



Now, at age 29, she is nearly migraine free, suffering just one or two a year.

She gives credit to her chiropractor, John Schubbe of Schubbe Resch Chiropractic and Physical Therapy Centers.

Rachel VanHandel has used chiropractic care to treat the frequent migraines that she has suffered since childhood. "My last migraine was six months ago," she says.

"I used to get migraines at least once a month and sometimes three times a week," said VanHandel of Appleton. "They are really infrequent now. My last migraine was six months ago."

In the nearly two decades that VanHandel has sought chiropractic care, this once alternative form of health care has become nearly as mainstream as going to the dentist. Patient use of chiropractic care has more than tripled in the past two decades, with an estimated 190 million patient visits to chiropractors a year, according to the Annals of Internal Medicine.

And chiropractic is now the nation's third largest primary health care profession, surpassed in numbers only by practitioners of medicine and dentistry.

While some people may still have antiquated ideas about chiropractic, the public, for the most part, has embraced it as an effective drug-free, complimentary form of health care, says Schubbe, who's been in practice for 19 years.

"Patients come in with this preconceived idea that there is going to be discomfort with the manipulation, when in fact there's not," he said.

Chiropractic focuses on disorders of the musculoskeletal system and the nervous system, with the philosophy that good health starts with these core body systems. The spinal column, an intricate puzzle of vertebrae, discs, nerves, muscles and ligaments, can become misaligned and cause a



Post-Crescent photo by Kirk Wagner

Chiropractor John Schubbe of Schubbe Resch Chiropractic and Physical Therapy Centers talks with patient Cheryl Stinski in his Appleton office about treatments on her spine.

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On the Web

For more information about chiropractic, visit the American Chiropractic Association at www.amerchiro.org.

BY WENDY HARRIS
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