

### ***Should I go to a chiropractor if I feel fine?***

One of the most frequent comments Dr. Bahnemann hears from first-time patients after their initial adjustment is: “Is this what normal feels like?” Because people are designed to adapt to minor health and structural challenges, they often end up “far from normal” over the course of time, but don’t realize it. They just become accustomed to decreased function, decreased ranges of motion, and increased discomfort, thinking it is “normal”.

The **lack of symptoms** does not equal **health**. For instance, the American Heart Association calls hypertension (high blood pressure) the silent killer, as thousands die every year who feel just fine.

Just as regularly checking your blood pressure is important, having a scheduled check-up for your spine and nervous system is vital – even if you feel fine!

[Back to How can Chiropractic help me?](#)