



Paul E. Okamoto, D.C.

Back Talk

Whatever You Do (One Final Word)

"Boy, you sure are thorough." I heard that comment recently, which caused me to write this article. Proverbs 22:29 states, "Do you see a man who excels in his work? He will stand before kings; He will not stand before unknown men." 1 Corinthians 10:31 states, "Therefore, whether you eat or drink, or whatever you do, do all to the glory of God." In my mind, these Scriptures are similar, but the first describes the physical work and effect, while the second describes the motive for the Christian behind the work. Isn't it interesting that Christ always dealt with heart and attitude motives, rather than external appearances?

When I heard the man make the comment to me about thoroughness, I thought about several things. First, he must have been comparing me to other doctors, whether it be medical or chiropractic.

Second, I thought about thoroughness in relation to success. We have all heard the phrase, "Leave no stone unturned." I am not sure what that relates to. It could be looking for fish bait or ancient treasures. Personally, I like to know as much as I can about a person's problem before I tackle it. If I don't, it can be similar to trying to build a house without blueprints. You may overlook something. Additionally a game plan must be determined to include type of treatments, frequency, or if other providers are to be involved as well. Luke 14:28 states, "For which of you, intending to build a tower, does not sit down first and count the cost..."

Third, I thought about what a chiropractor can do to be thorough. I have several points to discuss.

1. Knowledgeable: There are a number of post-graduate studies in which a person can specialize. Think about what interests you, and then learn all you can. I have a post-graduate diplomate degree in chiropractic orthopedics and also have taken the 3-year chiropractic rehabilitation course. Typically every year, I well exceed the required hours for continuing education.

2. Techniques: James Parker stated that the result for chiropractors, no matter what the technique, is 80/10/10. I recall this to mean that 80% will respond favorably, 10% will have some benefit, and 10% will either note no benefit or will be worse. I have 2 primary techniques that I use that work well together. However, I have found that I can improve my success by being able to use other techniques when indicated. Thus I have 4 other techniques that I have some knowledge of that I will use upon occasion. Each technique is like having another tool in the toolbox. In my thinking, the more tools there are, the better the odds to address whatever is faced.

3. Therapies: People come to see us with musculo-skeletal problems. In

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that term, there are the components of muscle and skeleton. The adjustment/manipulation addresses the skeletal problem but does not address the muscle problem. I initially started practice straight without therapy. However, I then associated with another doctor who had a number of different therapies that he would use. As a result of that association, I saw the benefit of therapy. Thus I have concluded that if a chiropractor is solely only adjusting the osseous segments, he/she is only addressing 1/2 of the problem. As a result of my observation, I now have 7 different therapies, massage therapist, and also utilize rehabilitative exercise. The vast majority of patients also receive a home exercise program specifically addressing their muscle and postural imbalances. Once again more tools in the toolbox.

Lastly,
pray each day
for the Lord to
help you.

4. Chart noting: I know you didn't go to school to do paperwork. This is an area that new grads have an advantage over us old grads. In the past, chiropractors would just use chicken scratches and marks for what problems a patient had and what treatment was rendered. However, nowadays, insurance companies require much more in order to justify treatment. Additionally, accurate chart notes help protect a person in a potential board investigation or malpractice suit. Remember, if it is not charted, it has not been done. If it has been a number of years since you graduated, you may need to take courses to update what is required and then make the necessary changes.

5. Realize your benefits and limitations: Although God has given you tremendous gifts through chiropractic care, you must realize that you cannot do it all. Develop a team that you can refer a patient to when needed.

6. Empower patients: Give them an understanding of their problem and explain how they can help themselves, whether it be alteration of posture, work activities, sleeping habits, etc. Try to give each patient a home exercise program (HEP) that they can do to help reverse and manage their own condition.

7. Have the attitude that you will try to work yourself out of a job, rather than make a person chiropractic dependent the rest of their life.

8. Love each patient: When I was young the phrase "LSMFT" dominated tobacco advertising. This stood for "Lucky Strike, My First Tobacco." James Parker took those letters and changed them to mean, "Loving Service, My First Technique." He also used the letters "LLL," which stood for lather love lavishly. I recall he said to love each patient as if that person were your brother, sister, parent or child.

9. Last, pray each day for the Lord to help you. Our staff prays each morning for the Lord to be a co-laborer with us to help, comfort, and encourage each person who comes in our door. We prayed for a period of years, but then stopped. However, I noticed that as we resumed that practice, our success ratio improved.

If you do these things, you too may find that your success ratio will improve. Be diligent and leave no stone unturned. Perhaps patients will say to you, "Boy, you sure are thorough." This will be my last article, and I will fade away into the sunset until another patient gives me some inspiration and something to write about. Have a blessed day.

Dr. Paul Okamoto is a 1974 graduate of Palmer Chiropractic College and has been a member of the CCA since 1977. His web site is www.masterstouchchiropractic.com. Dr. Okamoto lives in Portland, OR.

A Big Thank You!

The CCA wants to express its appreciation to Dr. Okamoto for the extensive series of articles that he has provided for our publication. Drawing from his personal and professional experience, he has shared practical advice and insight that hopefully will be found useful for those starting out in practice and to those who have been in the profession for a while. If you would like to read some of his past writings, go to the CCA web page under the "articles" tab and you will find them there. Thank you again, Dr. Okamoto!