

Chiropractor stresses optimal health care in collision trauma

by **Connie Gorrell**
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If you could create the ideal system of physical healing, perhaps you would design an approach that could be effective before it was necessary to turn to the use of expensive medications or invasive surgeries, even in the wake of a trauma. Enter Dr. David Chalfant.

For more than 20 years, Chalfant, of Chalfant Chiropractic Center, has actively sought to further his training and expertise in the treatment of collision trauma. Last fall he completed a vigorous 12-month program at the Spine Research Institute of San Diego called CRASH (Center for Research into Automotive Safety and Health). The CRASH program is the only human subject, full scale car-to-car crash test program available. This training has provided Dr. Chalfant with unique credentials, and makes him the only chiropractic physician regionally to have successfully completed the course.

The focus of the CRASH program is on low speed rear impact collision (statistically the highest incident of collisions) and accident reconstruction. Chalfant warns, "Don't be fooled by low speed collisions." He states, "The acute pain may be short lived, but the problem may lay hidden,

oftentimes showing up five or 10 years down the road." The effects of whiplash may go undetected, therefore untreated, resulting in multiple medical procedures or the patient being told they "just have to live with it."

"Not necessarily so," says Chalfant. "The sooner the patient seeks treatment following the collision, the better the possible outcome" he adds. Referrals are not required in order to make an appointment for a chiropractic examination. The initial appointment may include an in-depth history and physical, diagnostic x-rays, and a consultation with the patient to determine the best approach to treatment. Many times Dr. Chalfant works with the patient's family physician or others involved with their care in order to provide a coordinated effort for their optimal health.

David Chalfant entered the chiropractic profession as a legacy. His father was a chiropractic physician as were 10 additional members of his family. As a young athlete he knew what he was destined for professionally when treated by his father for a knee injury he sustained while playing football. His obvious passion emanates from the reward of seeing positive results for a patient that has suffered unnecessarily for several years. "It's like sinking that 14 foot putt," he says with a smile.



Photo by Christopher Crawford

Dr. David Chalfant demonstrates one of the areas he carefully checks when a patient comes into his office following a car crash.