**Vocabulary For A POWER CA**

1. Adjustment - A specific technique to restore motion and mobility back to a vertebra and allow the nervous system to function optimally.
2. Adjustment Techniques - The type of care which your doctor uses in the care of your practice members.
3. Atlas - The C1 vertebra. The very top vertebra of the cervical spine (neck).
4. Atrophy - Breakdown of muscle tissue.
5. Autonomic Nervous System - A portion of your nervous system that controls and regulates your bodily systems.
6. Axis - The C2 vertebra. The second vertebra of the cervical spine.
7. B.J.Palmer - Known as the developer of Chiropractic.
8. CA - An abbreviation for Chiropractic Assistant. We do not call our CA’s “Receptionists” or “Secretaries”.
9. Cavitation - The sound made when making an adjustment to the spine. Usually a “pop” or “click” will be heard in relation to moving the joint.
10. Cervical - Upper portion of the spinal column. There are seven cervical vertebrae, and it creates the curve in the neck area and holds the head.
11. Chiropractic - A distinct healthcare profession which is concerned with the nervous system. Keeping the spine healthy keeps the nervous system healthy, which in turn keeps your body healthy.
12. Chronic - Term used to describe something that has been there for a long period of time.
13. CoInsurance - % the member is responsible for, not covered by insurance
14. Consultation - When a doctor will sit down with a patient or practice member and see whether or not they can help them with the particular signs, symptoms, and complaints the patient/practice member has.
15. Contracted Rate - Specific rate that the insurance carrier has contracted with the doctor. By written agreement, this is the decided amount which will be taken for the services rendered. For example, the particular cost for an adjustment.
16. Co-Pay - Term used to describe the amount the patient will pay per visit for services rendered. Sometimes it is a percent, sometimes it is a flat fee.
17. Cortisol - The stress hormone of the body.
18. CPT Code - Current Procedural Terminology. The codes in which the doctor will describe in the charts to allow for appropriate billing on a particular case.
19. D.D.Palmer - The discoverer of Chiropractic. Father of B.J. Palmer. Discovered Chiropractic on Harvey Lillard who was a deaf janitor.
20. D1 - Day One, the initial examination day.
21. D2 - Day Two, the test results/review of findings day. Follow up day of D1 when the practice member is scheduled in the office.
22. Deductible- set amount that an individual or family must pay before the carrier will pick up any payments.
23. Degeneration - Term used in a chiropractic office to describe some type of negative changes in the spine, whether it is disc degeneration or spinal degeneration.
24. Degenerative Changes - Grading system to show there have been changes in your spine in a negative fashion.
25. Denneroll - Specific type of orthotic for someone’s spine to allow for restoration of his or her spinal curves. Can be a cervical Denneroll or lumbar Denneroll.
26. Disc - The individual shock absorber between the individual vertebra. When the disc herniates, that is what presses on the nerve and causes arm pain or leg pain.
27. Diversified - Type of chiropractic adjusting technique that many chiropractors will utilize.
28. Drop work - A chiropractic technique where the table will actually drop down.
29. Facet - Part of the joint. What the joint is made of.
30. HCFA - Health Care Finance Administration. Form you will bill on if you bill insurance carriers.
31. HIPPA - Health Insurance Portability and Accountability Act. Founded in 1996, it is a US law designed to provide privacy standards which protect patients’ medical records and other health information provided to their healthcare providers and healthcare facilities. It is the Office Privacy Policy critical for every CA to undergo and train on.
32. Histopathology - The cellular changes that occur around the joint during a subluxation.
33. Inflammation - The swelling that occurs at sites of injury, such as a subluxation.
34. Innate Intelligence - The inward wisdom within your body that allows your body to heal itself.
35. Insurance - HRA (Health Reimbursement Account) - reimburses the member for qualified medical expenses. Usually funded by employer
36. Insurance - HSA (Health Saving Account) - pre-tax $ set aside by employee/employer for qualified medical expenses. Owned by the member.
37. Joint Dysfunction - Another term for a vertebral subluxation in some circles.
38. Joint Fixation - Another way to describe a vertebral subluxation as well as a component of a vertebral subluxation. A joint fixation is analogous to a rusty hinge, a joint which does not move the way it should.
39. Lateral - The side view of a patient when turning them to the side.
40. Lumbar - The lower portion of your spine. There are five lumbar vertebrae in the lower back.
41. Maximum Medical Improvement - Term used in the Work Comp or Personal Injury (PI) arena to say the patient has reached his or her maximum benefit with respect to the injury or accident in question.
42. Medicare ABN - Advanced Beneficiary Notice. Form Medicare participants fill out to get notification about their benefits in the office.
43. Misalignment - A term that can be synonymous with subluxation. Some offices prefer this term while others do not. It is to show some loss of motion, loss of mobility or irregularity in a particular area of the spine.
44. Musculoskeletal - Term used to describe the muscle system and bones of the body which make up the spine and your skeletal structures.
45. Myopathology - Condition involved with the muscles. It is a component of the vertebral subluxation complex.
46. Neuropathology - Pathology or negative condition dealing with the nerves. A component of the the vertebral subluxation complex.
47. Nerve - What controls certain cells, tissues, or organs depending upon what the nerve goes to.
48. No-Fault - Term used in the personal injury arena. It does not matter which party is at fault, the insurance will pay.
49. NP - Abbreviation for New Patient.
50. Orthotics - Devices put into a pair of shoes to help stabilize a patient’s feet.
51. Palpation - Term used to analyze the spine for vertebral subluxation.
52. Pathology - Condition involved in the body which is away from the normal.
53. Peripheral Nervous System - The part of the nervous system that controls the arms and legs.
54. Phases of Degeneration - Most authorities say there are four phases of degeneration. It is a process not due to aging, rather the subluxation itself. If subluxations are left long enough, they will allow for spinal degeneration of the site that is involved.
55. Primary Insurance - first insurance to be billed for services provided
56. Range of Motion - all joints have a certain amount of movement that they should have. Your doctor may well look for loss of range of motion in examinations.
57. ROF- Report of Findings. Often is the second visit within your practice.
58. ROT- Results of Tests. Often the second visit within your practice.
59. Sacrum- The bottom portion of your spine.
60. Sciatica- The largest nerve in your body that goes down the back of the legs.
61. Secondary Insurance - insurance that pays for a patients co-pay or co-insurance. (usually found with Medicare)
62. Spinal Adjustment- see adjustment
63. Spinal Kinesiopathology - loss of normal motion in the spine. This is a component of a VSC.
64. Spinal Manipulation - Term used by some to describe a Chiropractic adjustment or maneuver. For some, this term is disliked so it is important to check with the doctor to see if this term is appropriate for use in your office.
65. Spinous Process- Part of the spine. These are the bumps you can feel on your spine.
66. Sprain- Injury to a ligament
67. Strain-Injury to a muscle
68. Subluxation Complex - a disorder of a joint in the body that consists of multiple components including loss of range of motion, inflammation, neurological irritation, muscle changes, and potential degeneration.
69. Subluxation-Acute Care
70. Subluxation-Wellness Care
71. Supplemental Insurance - insurance that picks up what the primary insurance does not. Typically found in Medicare to cover co-pays.
72. Thoracic- The mid back region of your spine. We have 12 thoracic vertebrae.
73. Toggle- Technique to adjust the upper cervical bones.
74. Traction- Technique to separate vertebrae
75. Trigger Points- knots in muscles that can cause pain.
76. Upper Cervical Work- A chiropractic approach that deals with the top two vertebrae of the neck.
77. Vertebra - a singular spinal bone.
78. Vertebrae - multiple spinal bones.
79. Vitalism- term used to describe the inborn force or principles that explains the nature of life.
80. VSC - Abbreviation for vertebral subluxation complex.
81. Worker’s Compensation(Work Comp)- insurance dealing with an injured worker.
82. X-Ray- imaging technique to see the bones of people.