

About Chiropractic

What is Chiropractic?

Chiropractic is a health care profession that focuses on disorders of the musculoskeletal system and the nervous system, and the effects of these disorders on general health. Chiropractic care is used most often to treat neuromusculoskeletal complaints, including but not limited to back pain, neck pain, pain in the joints of the arms and legs, and headaches.

What kind of training do chiropractors receive?

Doctors of Chiropractic - often referred to as chiropractors - practice a drug-free, hands-on approach to health care that includes patient examination, diagnosis and treatment. Chiropractors have broad diagnostic skills, and are also trained to recommend and conduct therapeutic and rehabilitative exercises, as well as to provide nutritional, dietary and lifestyle counseling.

What is an adjustment?

The most common therapeutic procedure performed by doctors of chiropractic is known as "spinal manipulation", also called "chiropractic adjustment". The purpose of manipulation is to restore joint mobility by manually applying a controlled force into joints that have become hypomobile - or restricted in their movement - as a result of tissue injury. Tissue injury can be caused by a single traumatic event, such as improper lifting of a heavy object, or through repetitive stresses, such as sitting in an awkward position with poor spinal posture for an extended period of time.

Is chiropractic care painful?

Chiropractic adjustments rarely cause discomfort. However, patients may sometimes experience mild soreness or aching following treatment (as with some forms of exercise) that usually resolves within 12 to 48 hours. In many cases, such as low back pain, chiropractic may be the primary method of treatment. When other medical conditions exist, chiropractic care may complement or support medical treatment by relieving the musculoskeletal aspects associated with the condition.

How do I know if chiropractic care is right for me?

Doctors of Chiropractic may assess patients through clinical examination, laboratory testing, diagnostic imaging and other diagnostic procedures to determine when chiropractic care is appropriate or when it is not appropriate. Chiropractors will readily refer patients to the appropriate health care provider when chiropractic care is not suitable for the patient's condition, or the condition warrants co-management in partnership with other members of your health care team.