

UNDERSTANDING CHIROPRACTIC CARE AND HOW IT WORKS

Chiropractic is a health care profession based primarily upon the interactions of the spine and nervous system as well as the effects of musculoskeletal disorders on general health. Every cell, tissue, muscle and organ of your entire body is controlled by the nervous system. Since these nerves exit at the spine, chiropractic has a tremendous impact on their performance and vitality.

Many people have back pain, but end up just living with it instead of getting help. Problems with the back are often hard to locate without a professional's assistance. Doctors of chiropractic are trained to give your body the attention and care it deserves.

CHIROPRACTIC CARE TREATS AILMENTS SUCH AS:

Back pain

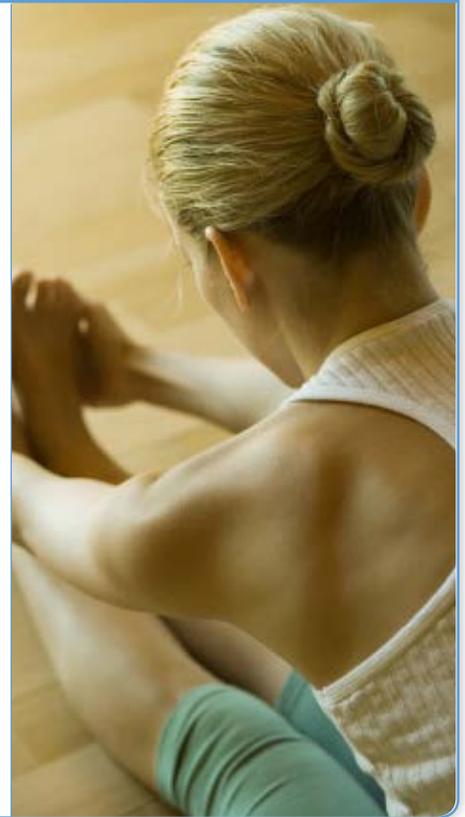
Neck pain

Joint pain and sprains/strains

Sciatica

Soft tissue disorders

Headaches and migraines



Q What training does a chiropractor have?

Doctors of chiropractic (also known as chiropractors) are well educated and trained in their field and have similar education requirements to those of medical doctors and physical therapists.

Chiropractic training is the third largest doctoral level health care profession after medicine and dentistry. Your chiropractor mastered the science of anatomy, physiology, pathology, neurology, biomechanics, X-ray techniques and spinal adjusting methods.

A certified chiropractic sports practitioner (CCSP) focuses on sports injuries. Many programs offer a comprehensive curriculum of rigorous classroom and clinical experience. The American Chiropractic Board of Sports Physicians also accredits many programs.

Curriculum	Program Length	Clinical Hours	Advanced Certification Available
Chiropractic	4 years	4,820	Yes
Medical	4 years	4,670	Yes
Physical Therapy	3 years	3,398	Yes

Source: American Chiropractic Association, acatoday.com

DID *you* KNOW

Back pain is the second leading reason for doctor visits.

Q How does chiropractic care help?

Chiropractic care is an important tool to help you get back to enjoying the things you love. Going beyond reducing pain, a spinal adjustment enhances the ability for the nervous system to function optimally. As important as proper nutrition and exercise, a healthy nervous system is crucial to one's health. Since the nervous system controls nearly every function, chiropractic is a vital part of any health routine.

Q Do I need a referral?

To be seen by a chiropractor, no referral from a medical doctor is needed.

Q How long should my treatment last?

People who feel better usually do so after just a few visits, and more visits may not be needed. Each treatment program is developed by the chiropractor to specifically fit the patient's needs.

Q Do spinal adjustments hurt?

Most patients report not experiencing any discomfort in the process of the adjustment. The likelihood of initial soreness or increased pain after a chiropractic adjustment is similar to that of starting an exercise program.

GET *the* FACTS

96% of ChiroCare patients surveyed rated the general outcome of their treatment as "Good" or better.



80% of people experience low back pain at some time in their lives, and for many, the condition becomes chronic.