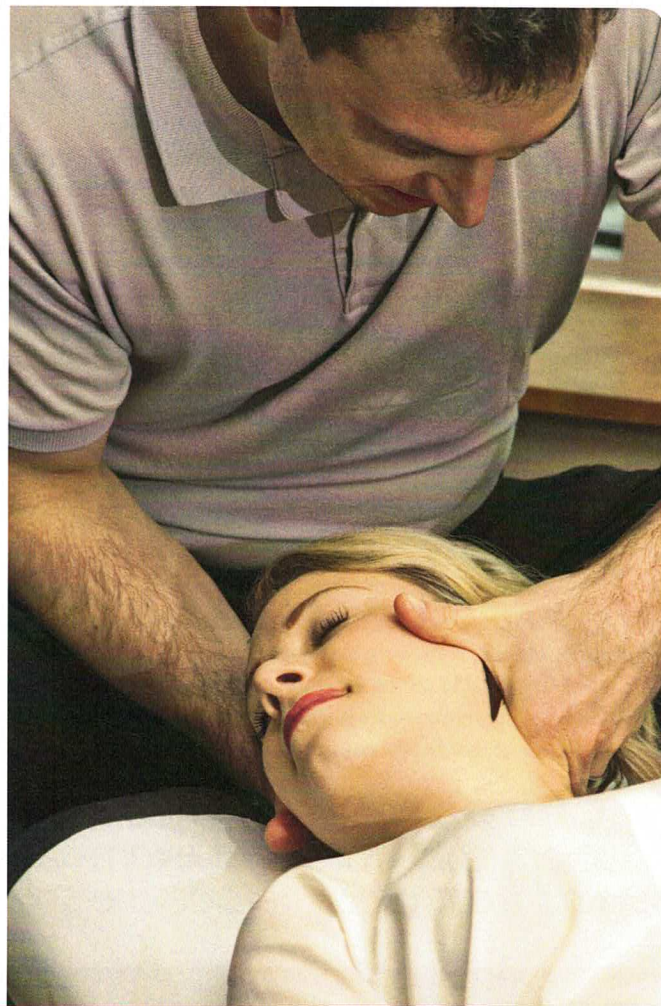


What is Chiropractic

Discover a True Healing Profession

Chiropractic is a healthcare discipline which emphasizes the inherent recuperative power of the body to heal itself without the use of drugs or surgery.

The practice of chiropractic focuses on the relationship between structure (primarily the spine) and function (as coordinated by the nervous system) and how that relationship affects the preservation and restoration of health.



What do chiropractic doctors do?

Your chiropractor is specially trained to examine you for the presence of spinal misalignments, called “vertebral subluxations”.

If detected, your chiropractor will use safe and effective chiropractic adjustments to restore proper spinal movement, correct your subluxations and remove nervous system interference.

Doctors of chiropractic recognize the value and responsibility of working in cooperation with other health care practitioners when in the best interest of the patient.

Chiropractors are leaders in wellness, often emphasizing to their patients the value of nutrition, exercise and mental health, in addition to the physical care provided in the office.

“The **power** that made the body **heals the body**”

- B.J. Palmer

What is a subluxation?

The Vertebral Subluxation Complex or “Subluxation” for short, is a dysfunction of one of the bones in your spine (vertebrae). This dysfunction compromises the normal functioning of your nerves and can influence your overall health and well-being.

What is a chiropractic adjustment?

A chiropractic adjustment typically involves a high velocity, low amplitude thrust applied to a vertebra, with the goal of restoring proper motion and relieving pressure on the nervous system. There are many different adjustment techniques used by chiropractors; your chiropractor will determine what techniques are appropriate for you.

Is chiropractic safe?

Chiropractic is a non-invasive, drug-free discipline meaning that the risks associated with it are very low. Adverse events are very rare and your chiropractor will assess you individually for any risks before commencing care.

I don't have pain, should I still see a chiropractor?

It's important for you to know that spinal dysfunction always happens before back pain or neck pain, making most subluxations “silent”.

Your body also has a natural way of altering your mechanics to avoid pain when dysfunction is present, which is a smart move in the short term, but not good if you don't eventually correct the dysfunction.

What training do chiropractors have?

Chiropractors are required to have a minimum of three years post-secondary education prior to entering chiropractic college; most applicants have completed a full degree prior to attending.

Accredited chiropractic programs require future chiropractors to complete intensive study in the assessment, diagnosis and management of patients, with total course hours similar to medical school requirements. Chiropractors are required to pass national exams and must belong to regulating bodies in their state or province.

How can chiropractic help with problems outside the spine?

Chiropractors are experts in detecting and correcting subluxations, removing interference from the nervous system and allowing your body to self-heal and self-regulate. A body free of nervous system interference can make a huge difference in the function of every system in your body.

Chiropractors are also specifically trained to examine and treat areas outside the spine.

IN 1895, D.D. PALMER
Discovered Chiropractic
after removing a subluxation from a
deaf man named Harvey Lillard,
which restored his hearing!

Some common reasons why patients seek chiropractic care:

- | | |
|----------------|---------------------------|
| ✓ Headaches | ✓ Poor Posture/Ergonomics |
| ✓ Migraines | ✓ Degeneration/Arthritis |
| ✓ Back Pain | ✓ Pregnancy Support |
| ✓ Neck Pain | ✓ Carpal Tunnel Syndrome |
| ✓ Sciatica | ✓ General Wellness |
| ✓ Stiff Joints | ✓ Whiplash |
| ✓ Fatigue | ✓ Disc Problems |

Chiropractic College vs. Medical School Average Minimum Requirements

Chiropractic College		Medical School
520	Anatomy/ Embryology	508
420	Physiology	326
271	Pathology	335
300	Chemistry/ Biochemistry	325
114	Microbiology	130
370	Diagnosis	374
320	Neurology	112
65	Psychology/ Psychiatry	114
65	Obstetrics & Gynecology	198
217	X-ray	148
225	Orthopedics	156
1,598	Specialty Courses	1,492
4,485	Total hours for degree	4,248

"When in sickness,
Look to the Spine first"
~ Hippocrates

Do I need to keep coming back?

our chiropractor is always glad to help and is capable of supporting your needs whether you are in acute pain, recovering from injury or are interested in maintaining a wellness lifestyle.

Many families have realized that keeping the spine in proper working order is a superior strategy compared to waiting for pain to arise. Regular chiropractic checkups should be used in conjunction with other wellness strategies, such as regular exercise and proper nutrition, as an overall strategy to achieve optimal health.