What is Chiropractic?

Chiropractic is used to treat many different things, especially pain. Chiropractors work to help proper alignment of the spine, the other bones/ joints and the muscles in the body. This can help the body to heal itself.

WHAT IS A CHIROPRACTOR?

A chiropractor is a doctor who went to chiropractic school. This is a four-year program, after finishing college. Those who graduate become Doctors of Chiropractic. A chiropractor will usually do an initial assessment first and then make a treatment plan for you which might take a few sessions over a few weeks to address your heath issue.

WHAT IS CHIROPRACTIC CARE GOOD FOR?

Chiropractors use their hands or a device to make adjustments to your spine and other joints. Sometimes they also use stretching, electrical stimulation, heat and ice. Research has shown that chiropractors can help with:

- ❑ Back pain
- ❑ Sciatica
- ❑ Headaches
- ❑ Neck and shoulder pain
- ❑ Frozen shoulder
- ❑ Arthritis and Joint pain

Chiropractic can help some people need less medication for their pain. Your chiropractor may suggest diet changes and exercise. They may also suggest relaxation techniques, supplements and other lifestyle changes.

ARE THERE ANY SIDE EFFECTS?

Chiropractic treatments are very safe. Some people can have minor side effects which include:

- ❑ Temporary headaches
- ❑ Discomfort in the body areas that were treated
- ❑ Stiffness
- ❑ Dizziness
- ❑ Nausea
- ❑ Fatigue
- ❑ Muscle soreness

HOW CAN I GET STARTED?

Ask your primary care provider to help you find a chiropractor. Your physical therapist or spine specialist might also be able to help. Remember to talk with your primary care provider about any complementary therapies you are considering or using! Also be sure to tell the chiropractor about any medical issues you have. Tell them about medications and supplements that you are taking. This will help them make sure that chiropractic is safe for you. Many health insurance companies cover chiropractic, but some do not. Be sure to check with your insurance company or the chiropractor about coverage.

PATIENT NOTES

For more information, scan the QR code below, or visit nciph.org/chiropractic

NCIPH National Center for Integrative Primary Healthcare

PATIENT NOTES