

## About Chiropractic

Founded in 1895

I feel the best description of chiropractic comes from a research article about low back disorders by Dr. Globe, et. al., published in JMPT 2008. *"The ultimate goal of chiropractic care is to improve patients' functional capacity and educate them to independently accept the responsibility for their own health."*

**How do chiropractors achieve this goal?** The purpose of chiropractic is to provide a first health care contact for wellness and the optimization of health. Chiropractic is a health care 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.

Chiropractors have largely been labeled "pain" doctors. This is because people usually seek the help of a chiropractor when they are in pain. But really we do much more. Because the nervous system controls everything in the body, having a healthy spine could mean a healthier body. Chiropractors do help people be free of pain but they also educate them on how to stay out of pain and function at their best. This can be through stretching, exercise, lifestyle adaptations, nutrition, stress reduction techniques. Did you know the average person sits 13 hours a day? In addition, 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.

**What is a Subluxation?** Chiropractors are often linked with the word subluxation. A subluxation is a complex of functional and/or structural and/or pathological articular changes that compromise neural integrity, may cause pain and may influence organ system function and general health. Chiropractors diagnose and correct subluxations found in the spine and other joints in the body. The story goes that in 1895, in Davenport Iowa, D. D. Palmer (considered the father of Chiropractic) was examining the mid back of a man who was deaf. He felt that one of his vertebrae was displaced (a subluxation). He applied pressure to realign the man's spine and subsequently the man partially regained his hearing.

**Chiropractic Education.** A Doctor of Chiropractic holds a four year doctorate degree with classroom and laboratory work in basic sciences, diagnosis, treatment procedures, and a clinical internship. Educational requirements for medical doctors and chiropractors in basic and clinical sciences are very similar. Postgraduate continuing education is required annually

**Overwhelming Evidence Shows Chiropractic Effective for Pain Reduction and Restoration of Function.** Numerous studies throughout the world have shown that chiropractic treatment is both safe and effective. Many other studies have shown that chiropractic care can be a cost-effective remedy that brings healing in less time than other treatments. There are too many to list. I would be happy to supply you with references if you would like.

Some content came from the California Chiropractic Association [www.calchiro.org](http://www.calchiro.org)