



Chiropractic Questions and Answers

By Dr. Tyson Swigart

What is Chiropractic? Chiropractic is a healing art that emphasizes the importance of body structure, alignment and movement. Chiropractic and other "manual" therapies have been practiced since antiquity. Chiropractic made its official start as an organized healing profession in 1895 when D.D. Palmer introduced the concept of a specific, short lever manipulation of the spine. This was a step beyond the traction, massage and ancient "bone setting" that had been recorded as far back in history as Hippocrates. Chiropractic is now practiced widely throughout the U.S. and in almost every country in the world. Today, most chiropractors combine spinal manipulations or "adjustments" with physical therapy and exercise. Many chiropractors also incorporate massage therapy and nutrition to help patients get well and stay well. There are numerous specialties and treatment styles.

How are chiropractors different from medical doctors?

Chiropractors emphasize a "drug free" and non-surgical approach to healing that promotes the concept that the body will heal itself if given the proper assistance. Today's medical doctors and chiropractors have very similar levels of education and often will work in conjunction to provide treatment to a patient.

What kinds of conditions do chiropractors commonly treat?

Chiropractic physicians most commonly treat neck pain and back pain that can come from a variety of conditions. However, chiropractic care is not limited to the spine. Many chiropractors work on other parts of the body including shoulders, elbow, knees and feet. Chiropractic is a very effective form of treatment for disc hernia, arthritic conditions and migraine headaches. Many parents also take their children to chiropractors for the prevention of ear infections and to promote health.

Is chiropractic care safe? Yes. Because chiropractors do not utilize drugs or surgery, chiropractic care is among the safest forms of healthcare. Side effects from chiropractic treatments are very rare.

How long does chiropractic take to work? This depends on the nature and chronicity of the condition. Generally speaking, the longer a condition has been around, the longer it takes to treat. Treatment time is also dependent on the severity of a condition. Most conditions should begin to improve within a few weeks.

Once you go to a chiropractor do you have to go forever? No. However, many chiropractic patients feel so much better with treatment they will continue to maintain regular visits to promote well-being or to control pain.

Do insurance companies cover chiropractic care? Most insurance companies cover chiropractic care without referrals from another doctor. In fact, many insurance companies that previously did not

cover chiropractic care now have added this benefit due to its cost effectiveness.

Please feel free to call our office if you have any additional questions in regards to the nature and effectiveness of chiropractic treatment.



Dr. Swigart graduated from the University of Maryland in 1992 and Cum Laude from Palmer College of Chiropractic in 1997. He is a certified sports physician, conditioning specialist, and former collegiate coach. He is known for his innovative rehabilitation techniques. Dr. Swigart has been serving the Canonsburg area in a private practice since 1999 and may be reached at 724-873-0700. Southpointe Chiropractic and Fitness is located at 673 Morganza Road in Canonsburg. In addition to private practice, Dr. Swigart teaches sports rehabilitation at West Liberty College.