

Options for Spine Treatments

Chiropractic Care

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What is Chiropractic?

Chiropractic is a branch of the healing arts that is concerned with promoting health and the prevention of disease.

The practice and procedures employed by Doctors of Chiropractic are based on the academic and clinical training received in and through accredited chiropractic colleges. The practice and science of Chiropractic is continually advancing and all Chiropractors are trained in the use of current diagnostic and therapeutic procedures. Such procedures specifically include the adjustment and manipulation of the articulations and adjacent tissues of the human body, particularly of the spinal column.

Chiropractic is a drug-free, non-surgical science and, as such, does not include prescription drugs or incise surgery. The scope of practice for Doctors of Chiropractic varies by state. In some states Chiropractic physicians have very broad authority for all aspects of health care that is non surgical.

Background

The profession of chiropractic emphasizes the evaluation and care of the musculoskeletal system and its relationship to the nervous system. Particular emphasis is placed on the spine and its relationship to health. Chiropractors are well trained in the use of many different non-surgical therapeutic approaches which include spinal manipulation therapy, diet, exercise, X-rays, and other therapeutic techniques such as interferential and electrogalvanic muscle stimulation. Spinal manipulative therapy (or spinal manipulation) is a method of adjusting spinal segments using the hands or with the assistance of a hand controlled device.

Since 1975, the CCE has accredited all U.S. chiropractic colleges. Currently, all 50 states within the United States have statutes recognizing and regulating the practice of chiropractic. In many states chiropractors are licensed under the medical practice act as physicians. They are licensed to evaluate and treat all human ailments without the use of drugs or operative surgery. There are more than 60,000 licensed chiropractors in the United States. This number is expected to exceed 100,000 by the year 2010

Most visits to chiropractors and chiropractic physicians are for pain and musculoskeletal complaints. More than half of the visits are for low back and related complaints. There are numerous chiropractic and spinal manipulative adjusting techniques. Practitioners may vary in their approaches and the techniques that they use.

There are a number of traditional and scientific theories about the mechanism of action and potential health benefits of chiropractic and spinal manipulative therapy. However, some of the underlying effects of these therapies on the body are largely unknown. The chiropractic approach is not limited to spinal manipulation.

Chiropractors are well trained in manipulation of the spine and extremities. The majority of chiropractors have had extensive education and training in wellness care including clinical nutrition and physical rehabilitation. Chiropractic physicians also may have post-doctorate training and residencies for specialty certification, such as radiology, neurology, pediatrics, clinical nutrition, rehabilitation and orthopedics.