

Options for Spine Treatments

Safety of Chiropractic Care

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Chiropractic is widely recognized as one of the safest, non-invasive forms of care for musculoskeletal disorders including neck and back complaints. Chiropractic has an excellent safety record, although no form of treatment whether provided by chiropractic physician or any other type of physician is completely free of potential adverse side effects. The risks associated with chiropractic care are very small especially when compared to the use of medications and surgery. This is reflected by the low malpractice premiums paid by chiropractic physicians as compared to medical physicians.

Most patients feel some immediate improvement of symptoms following chiropractic treatment although it is possible to experience some temporary discomfort after spinal manipulation or soft tissue intervention. All physicians including chiropractic physicians have a responsibility to inform their patients about the benefits and risks associated with proposed treatment.

Chiropractic physicians complete a very rigorous training program with emphasis on diagnosis and treatment of the spine, musculoskeletal system and related disorders. They are trained in implementing the most appropriate treatment plan for each individual patient which may include manipulation, exercise, rehabilitation, nutritional counseling and physical therapy.