

What is Chiropractic?

Chiropractic refers to a health care profession that looks at effects of nervous system and musculoskeletal disorders. Chiropractic care is mainly used to treat neuromusculoskeletal issues, including but not limited to headaches, back pain, pain in the joints of the legs or the arms and neck pain.

Chiropractors

Chiropractors specialize in practicing a hands-on health care approach which includes examining the patient, diagnosis and then treatment. Chiropractors have a wide range of diagnostic skills and are trained to recommend rehabilitative and therapeutic exercises. Chiropractors provide lifestyle counseling and provide dietary and nutritional recommendations.

Spinal manipulation is the most common therapeutic procedure performed by Chiropractors. This treatment is also referred to as a chiropractic adjustment. The main goal of spinal manipulation is to restore the joint mobility by manually applying a controlled force into joints that have become restricted in their movement or "hypomobile." This can be a result of a tissue injury. Tissue injuries may be the result of a single traumatic event, such as repetitive stresses, for example sitting with poor spinal posture and in an awkward position for an extended period of time. It also can be caused by improper lifting of a heavy object.

The injured tissues undergo chemical and physical changes that can cause pain and inflammation that eventually leads to diminished function for the person suffering. Adjustment or manipulation of the affected tissues and joints restores mobility. This greatly alleviates muscle tightness and alleviates pain, enabling tissues to heal and restore themselves.

Rarely, chiropractor adjustments cause discomfort. There are some patients however, who may experience mild aching or soreness following treatment, similar to the discomfort you may feel the day after some intense exercise. Generally, the discomfort resolves itself within 12 to 48 hours. In many instances, such as lower back pain for example, chiropractic care may be the primary treatment method. In cases where other medical conditions exist, chiropractic care may support or compliment medical treatment by relieving the musculoskeletal aspects associated with the condition.

Chiropractors assess patients through a variety of ways, such as clinical examination, diagnostic imaging, laboratory testing and other diagnostic interventions to determine when chiropractic treatment is an option and when it is not. If you are curious to whether or not chiropractic care could help you feel your best, do not hesitate to give us a call and we will be happy to schedule you in for a consultation.

Chiropractors will readily refer patients to the appropriate health care provider if chiropractic care is not suitable for the patient's particular condition. There are times as well that the patient's condition warrants co-management in conjunction with other members of health care professionals. The main goal is to help you attain the best physical health and comfort that you can!