



Chiropractic

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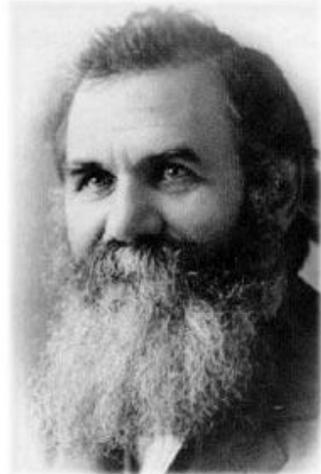
Definition

- Chiropractic means to be done by hand, it is the adjustment of joint function done by a chiropractor
- Chiropractors purpose: “focus on the prevention, diagnosis and conservative care of spine-related disorders(scoliosis or a herniated disc) and other painful joint issues. In addition to adjustments, chiropractors also provide soft-tissue therapies, lifestyle recommendations, fitness coaching and nutritional advice.”



History

- Hippocrates and Galen revealed many principles of common to chiropractic
- Chiropractic began in 1895, “when Daniel David Palmer, “adjusted” the spine of a deaf janitor and claimed to restore his hearing. Palmer never claimed to be the first to use manipulation for the cure of disease. He did claim, however, to be the first to use specific contacts as short-leverage points for making more specific spinal adjustments.”
- He founded the Palmer School of Chiropractic, where he taught his methods to the first chiropractors. These early years of the profession brought about a great deal of tension between conventional allopathic medicine and this new approach.



How It Works

- The chiropractor is using their hands or a small instrument to apply sudden force a specific area.
 - Chiropractic health focuses mostly on the quality of health and proper alignment of the musculoskeletal system.
 - Pushing beyond the certain areas range of motion.
- Typically the patient is lying on their stomach
- Patients will undergo an examination (sometimes head to toe), receive hands-on adjustments to correct misalignments, and/or discuss lifestyle changes in order to obtain optimal health
- <https://youtu.be/OlrKyRxFbz4?t=147>



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Who Benefits

- People with:
 - Headaches
 - Joint and/or muscle pain
 - Back and/or neck pain
 - Injured workers
 - Jobs where a person may be sitting for a long time
 - Anyone with a misalignment in one or multiple areas of the musculoskeletal system can benefit
 - Spine houses the CNS, which deals with how an individual processes pain
 - Being readjusted by a chiropractor can quickly relieve that pain for individuals

SYMPTOMS REQUIRING CHIROPRACTIC CARE



Back pain



Among people seeking alternatives to back pain relief, most choose chiropractic treatment.

Neck pain



One of the most common causes of neck pain is restriction of the structures of the spine in the neck.

Headaches



Chiropractic has been successful helping individuals with headaches to relieve their pain.

Shoulder pain



Gentle adjustments to the shoulder can be performed to distract the joint or shift it forward or backward, depending on symptoms.

Why is Chiropractic Care Beneficial?

- Medicine-free
- Minimally invasive
- Holistic care
- Chiropractic care focuses on overall and continued health
 - i.e. diet, exercise, sleep, etc...
- Very helpful with acute back pain
- May be a good alternative treatment for osteoarthritis and fibromyalgia through deep tissue massage and manipulation



Chiropractor Requirements

- At least 90 credits or a bachelor's degree to be admitted in Doctor of Chiropractic(D.C) program
 - a minimum of 4,200 hours of classroom, laboratory and clinical internship once in the DC program
- All states require chiropractors to be licensed
 - All require the completion of an accredited Doctor of Chiropractic (D.C.) degree program and passing all four parts of the National Board of Chiropractic Examiners (NBCE) exam.
 - Part 1: basic sciences
 - Part 2: clinical sciences
 - Part 3: clinical competency
 - Part 4: practical skills

References

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