

A DOCTOR OF CHIROPRACTIC



A Doctor of Chiropractic (D.C.) is a licensed physician who is trained to diagnose and provide care for neuro-musculo-skeletal (nerve, muscle and joint) disorders. They are primarily concerned with disorders that alter nervous system regulation and interfere with its ability to restore and preserve health.

Chiropractics specialize in the practice of manipulative therapy ("adjustments") of the spine and extremities. They may also utilize therapeutic massage, rehabilitative exercises, physical therapy modalities, nutritional recommendations, and lifestyle counseling in their approach to patient care.

Chiropractors perform routine physical examinations, including orthopedic and neurological testing. They can write prescriptions for other procedures, such as laboratory tests and MRIs. Chiropractors may also coordinate care with other health care providers, or refer a patient to an appropriate specialist for evaluation and treatment.

Chiropractors must complete 6-8 years of college education and then pass national and state board examinations to become licensed. The total hours spent studying basic sciences, and the textbooks used, in chiropractic schools and medical schools are similar. Chiropractic schools place greater emphasis, than medical schools, on the study of spinal biomechanics and the nervous system.

Chiropractic care has been proven to be safe and effective for various health disorders. There is evidence that chiropractic care is more effective, and has a much lower risk rate, than medical care, for headaches, neck and back pain.

For more than 100 years, patients of all ages have benefited from chiropractic care. Governments and health authorities in more than 60 countries recognize the practice of chiropractic. Chiropractic care is currently the most utilized form of complementary and alternative medicine in the U.S.