

## CHIROPRACTIC CARE



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

Manipulative therapy involves the application of a specific force or thrust against a bone, by hand or with an instrument. The applied force creates movement of the associated joint and stimulates nerves within the muscles and ligaments attached to the bone. These nerves then transmit signals throughout the nervous system and facilitate various beneficial effects.

Chiropractic manipulative therapy's benefits may include decreased pain and increased range of motion, as well as improvement in the function of the circulatory, immune, and digestive systems. There may also be improvements in strength, sensation, balance and coordination.

A Chiropractor makes the determination as to what areas may benefit from the manipulative therapy by performing a thorough examination, which includes an assessment of nervous system function and joint range of motion. Other diagnostic procedures (e.g. x-ray, CT scan, MRI) may be utilized.

Chiropractors may manipulate ("adjust") any extremity or spinal bone where restricted joint motion is detected. Studies have shown that adequate joint motion is essential for the proper healing of damaged muscles, ligaments and discs, and may help prevent repetitive injuries that lead to degenerative joint disease, or osteoarthritis.

There are many manipulation techniques that may be utilized, based upon the particular condition and patient. The frequency and duration of chiropractic care needed depends upon the particular patient and health disorder. Some conditions respond quickly to chiropractic care, while other conditions can take weeks or months to improve. Even with proper care, healing takes time.