

## A Branch of Healing Arts

Chiropractic care is a branch of the healing arts, which uses spinal and joint manipulation to help a variety of musculoskeletal problems. The name “Chiropractic” comes from the Greek word Chiropraktikos, meaning “effective treatment by hand”. Chiropractors use their hands or simple instruments to adjust the joints of your spine and extremities, where signs of restriction in movement are found, improving the mobility and relieving pain. This treatment is known as adjustment or manipulation. Chiropractors do not prescribe drugs or use surgical procedures.

## Is Chiropractic safe and effective?

Generally, chiropractic manipulation does not cause discomfort, and in most cases manipulation is followed by pain relief.

*The United States Agency for Health Care Policy and Research recently recommended spinal manipulation as a safe first form of treatment for acute low back pain in adults.*

*The agency recommended that most patients try conservative treatment such as chiropractic before they opt for more aggressive treatment.*

Agency Ref# PB98-111693

## What happens during a consultation?

Your Chiropractor will generally begin your first consultation by taking a full case history. You will then be given orthopedic and neurological tests, and the movement of your spine and joints will also be examined. If back scanning is required to complete your assessment, some practitioners will use their own, fully certified and maintained equipment, while others may opt to use the facilities of a local hospital.

Some chiropractors now use a state-of-the-art technology called Surface Electromyography (sEMG). This non-invasive technology allows them to quickly and painlessly monitor muscle activity along your spine to look for elevations or imbalances that may be associated with Subluxations (abnormalities in the relationships of the vertebrae of the spine).

If your chiropractor identifies an underlying condition for which other medical treatment is required, you will be referred to your physician or other appropriate specialist.

As well as using manipulation, your chiropractor may also use ice and heat treatment, electromyography training or other techniques, which will be fully explained to you.

## What is Chiropractic suitable for?

Chiropractic care can be appropriately applied with all types of people, including children, the elderly, pregnant women and athletes.

Once you are better, your chiropractor will help you maintain your own health and well being, by offering you simple exercises and lifestyle advice.

## What conditions does it treat?

Chiropractic care has been found to be effective in the treatment of lower back pain, neck pain, headaches, migraines, muscle tension, and other joint problems, including sport injuries.

Chiropractors have also had success in treating tingling and numbness in the arms and legs, posture problems and pinched nerves.

In addition, many people visit chiropractors as a preventative measure to help maintain a healthy spine and good musculoskeletal health.

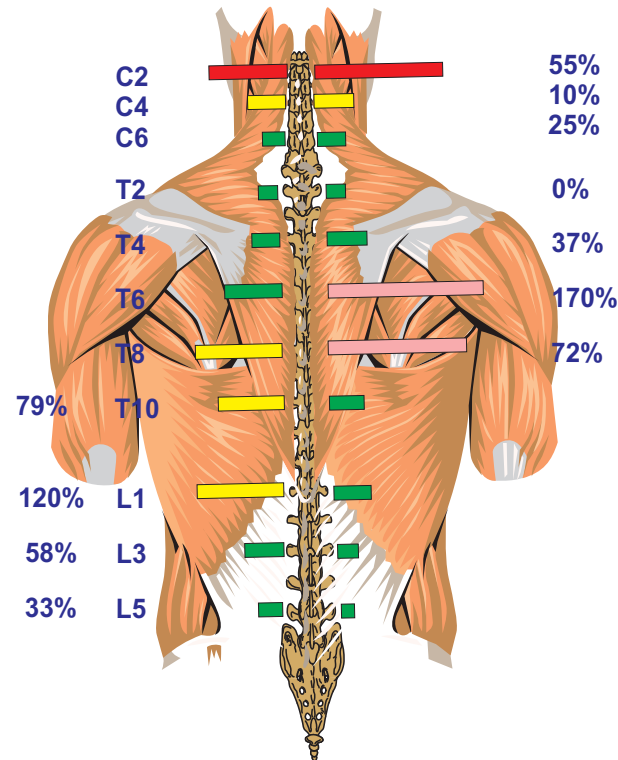
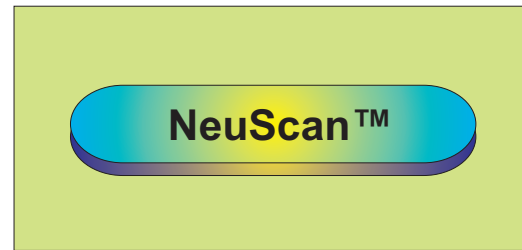
## History of Chiropractic

Chiropractic is the third largest primary health care profession in the world. The term “Chiropractic” comes from Greek language, 'chiro' meaning a hand and 'praktos' meaning to use. It literally means 'done by hand' or manipulation.

Harvard Lillard, a janitor of the Ryan Building in Brady Street, Davenport, Iowa USA, had lost his hearing, as a result of working in a cramped stooped position. He mentioned his problem to Daniel David Palmer, a tenant of the building, who was a keen student of anatomy and physiology.

Daniel Palmer theorized that the spine was a highway, along which the central nervous system ran. According to Palmer, if the highway should become in need of repair and in any way restricted the constant traffic of brain impulses and orders carried by the central nervous system, other symptoms seemingly unconnected to the spinal cord could occur.

Daniel Palmer examined Harvey Lillard and discovered that one of his vertebrae was misaligned. On September 18<sup>th</sup> 1895, Daniel Palmer gave Harvey Hillard the first Chiropractic adjustment. Harvey's hearing returned and Chiropractic Care was born.



**Your chiropractic doctor can provide a graphic picture of muscle activity for your back highlighting elevations or imbalance**

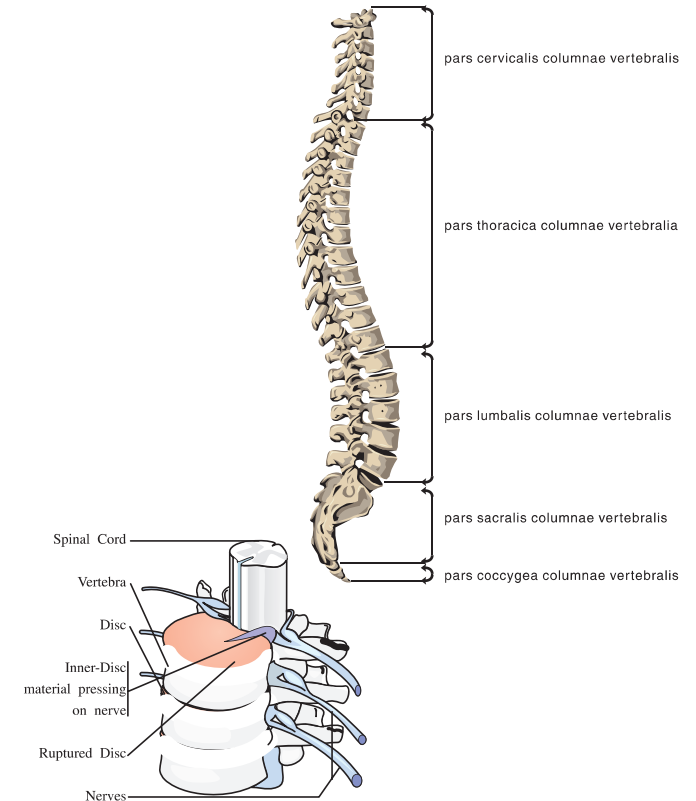
The information in this brochure reflects generally accepted perspectives within the chiropractic field and is not intended to imply endorsement of specific therapeutic techniques. Patients should always consult fully with their healthcare providers and be active participants in their healthcare program.

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## What is Chiropractic Care?



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