

# Chiropractic: The Facts

HELPING YOU UNDERSTAND CHIROPRACTIC CARE

## WHAT IS CHIROPRACTIC?

The word chiropractic comes from Greek, meaning "treatment by hand." Chiropractic is a highly skilled treatment by trained professionals. It focuses on the source of your pain and discomfort, not the symptoms. It's hands-on treatment that works.

## CHIROPRACTORS: TRAINED HEALTH CARE PROFESSIONALS

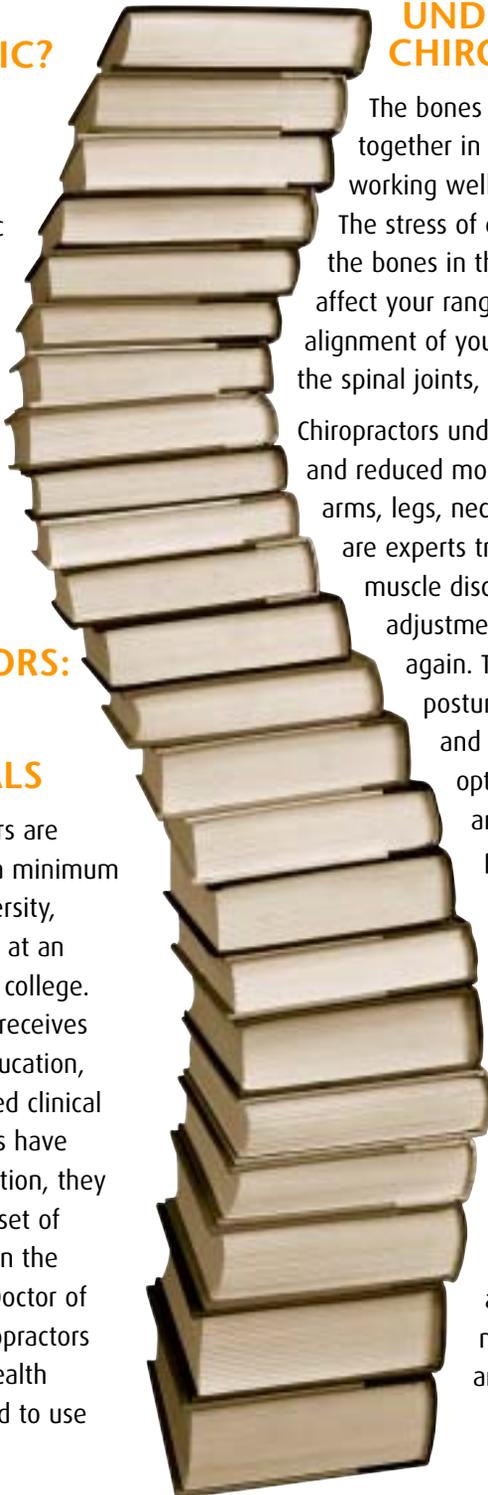
In Canada, chiropractors are required to complete a minimum of three years of university, followed by four years at an accredited chiropractic college. A chiropractic student receives over 4500 hours of education, much of it in supervised clinical practice. Once students have completed their education, they must pass a stringent set of licensing exams to earn the right to practice as a Doctor of Chiropractic (DC). Chiropractors are one of only five health professionals permitted to use the title 'doctor.'

## UNDERSTANDING CHIROPRACTIC CARE

The bones in your back, called the vertebrae, work together in a very specific way. When everything is working well, your spine is strong, flexible and aligned. The stress of daily living, injuries, or accidents can cause the bones in the spine to shift out of alignment and may affect your range of motion. Even small changes in the alignment of your spine can cause pain and discomfort to the spinal joints, muscles, and nerves.

Chiropractors understand how to relieve this pain, discomfort, and reduced mobility – whether it resides in your back, arms, legs, neck or another joint in the body. They are experts trained to find the source of your joint and muscle discomfort, assess the complaint, and make the adjustments that allow your spine to work properly again. They may also recommend changes to posture, lifestyle, or diet, and suggest stretches and exercises in order to help you return to optimum function and mobility, whether you are recovering from an injury or working to prevent recurring injury.

Chiropractic joint manipulation, or adjustment, is a treatment in which the chiropractor uses his or her hands to apply a very quick, precise, and safe amount of pressure directly on the affected area of your spine or specific joint. This pressure momentarily separates the joints, allowing a gas bubble to escape (this may create a popping sound or cracking noise). This relieves the pressure on the joint, surrounding nerves and muscles, and most importantly, restores normal mobility. The adjustment is not painful, and often provides immediate relief.



## SAFE AND EFFECTIVE

The safety and effectiveness of chiropractic treatment have been studied in-depth and very carefully. Studies have found chiropractic to be extremely safe and most effective in alleviating back pain, neck pain, headaches, and most other musculoskeletal conditions. If your chiropractor diagnoses a condition more appropriately treated by another health care professional, he or she will make a referral.

Adverse reactions from chiropractic treatment are rare. Like all health professionals, your chiropractor will discuss all potential side effects and risks along with the benefits of any care you receive.

## HOW TO FIND A CHIROPRACTOR

To find a chiropractor near you, contact the Ontario Chiropractic Association.  
Toll free: 1-877-DCs-CARE (327-2273)  
Or visit our website at [www.chiropractic.on.ca](http://www.chiropractic.on.ca)



## AFFORDABLE HEALTH CARE

Chiropractic care is affordable and high quality health care that gets you back to your daily activities quickly and efficiently. When compared to other joint, muscle and back treatments chiropractic has been proven time and again to be cost effective. Many private and workplace insurance plans cover the cost of chiropractic treatment.

- The Workplace Safety & Insurance Board in Ontario recognizes chiropractic as effective treatment for work-related back injuries. If you are injured at work, chiropractic care is covered.
- The Insurance Act and Statutory Accident Benefits Schedule (Auto Insurance) allows auto accident victims to choose chiropractic care, and chiropractors will provide all necessary insurance certificates.
- Many employers also provide coverage of chiropractic treatment under their employee health care plans. To find out more speak to your employer or union.

TREATMENT THAT STANDS UP.