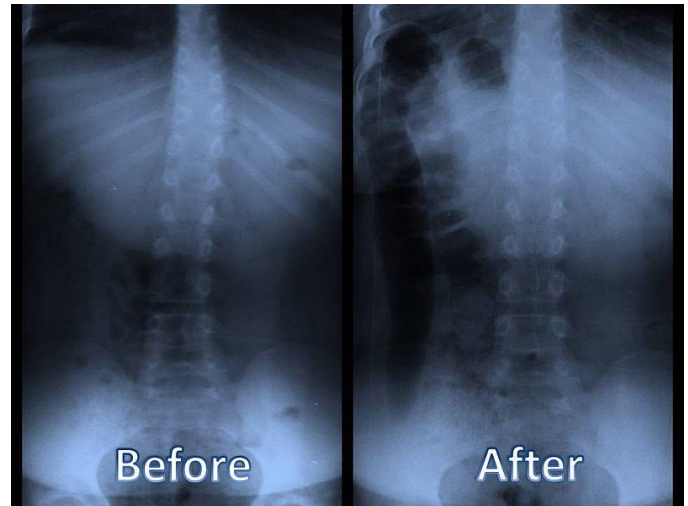


# The Benefits of Chiropractic Care

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*“Our bodies communicate to us clearly and specifically, if we are willing to listen*

*~ Shakti Gawaan*



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The majority of Americans will experience at least minor back / neck discomfort and pain at some point in our lives. Whether it is work related or not, back and neck pain can be a serious productivity killer and potentially lead to a costly and painful injury down the road.

That's where a Chiropractor (DC) can potentially help. According to the American Chiropractic Association, chiropractic is "A health care profession that focuses on disorders of the musculoskeletal system and the nervous system, and the effects of these disorders on general health. Chiropractic care is used most often to treat neuromusculoskeletal complaints, including but not limited to back pain, neck pain, pain in the joints of the arms or legs, and headaches."

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Many Chiropractors take a "whole person" approach and partner with you to ensure total health and wellness.

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# The Benefits of Chiropractic Care

## The Benefits of Chiropractic Care

According to the Palmer College of Chiropractic, there are many benefits of working with a Chiropractor to achieve better health and wellness.

### **Chiropractic care triggers your body's ability to heal.**

Chiropractors recognize that many factors affect your health, including exercise, nutrition, sleep, environment and heredity. Chiropractic focuses on maintaining your health naturally to help your body resist disease, rather than simply treating the symptoms of disease.

### **Chiropractic care starts with a thorough evaluation.**

When you visit a Doctor of Chiropractic, you will be evaluated using time-honored methods, including consultation, case history, physical examination, laboratory analysis and X-ray examination. In addition, you will receive a careful chiropractic structural examination, with particular attention paid to the spine.

### **Chiropractic care involves no drugs or surgery.**

A broad range of techniques are used to locate, analyze and gently correct vertebral misalignments (subluxations) in the spine. Chiropractors may use manual adjustment, electrical muscular stimulation, ultrasound or massage. But they never use pharmaceutical drugs or invasive surgery. Chiropractic is a natural method of healing that stimulates the body's communication system to work more effectively to initiate, control and coordinate the various functions of the cells, organs and systems of the body.

### **Chiropractors partner with other healthcare professionals.**

Doctors of chiropractic work in tandem with other healthcare professionals. If your condition requires attention from another branch of the healthcare profession, that recommendation or referral will be made.

*This handout is general injury and illness prevention educational information and is not medical advice. If the employee requires medical attention, a competent health care provider should be consulted. Although every precaution has been taken in the preparation of this information, no liability is assumed for injury, personally or otherwise resulting from the use of information contained herein.*