

Chiropractic Care

What is chiropractic care?

Chiropractic is a profession that uses a natural approach to health without the use of drugs or surgery. Doctors of Chiropractic may use a number of tools for diagnosis of their patients' conditions, including a patient history; a physical exam; orthopaedic/neurological examinations; x-ray and MRI studies; blood tests and other laboratory and diagnostic tests.

The Doctor of Chiropractic's primary purpose is to promote the best possible health.

The Doctor of Chiropractic is a first contact doctor who does not need a referral. He or she practices within the legal scope of state licensure, emphasizes the importance of the doctor-patient relationship, and recognizes the need for other forms of therapy when indicated. He or she communicates fully with other members of the health care team always in the best interest of the patient.

Because Doctors of Chiropractic recognize the value of other health professionals and, where necessary, the use of medical and surgical procedures, the Doctor of Chiropractic will refer, consult and accept referrals from other doctors when it is in the best interest of the patient.

Some principles of chiropractics

- The body's self-healing abilities are affected, at times, by physical function and the function of the nervous system.
- Adequate nutrition is essential for normal operation of the human body.
- Physical and mental exercise are key elements for maintaining a state of wellness.
- Natural means should be used whenever possible to advance a state of wellness.

What are some of the practice methods of the Doctor of Chiropractic?

Examination and Diagnosis

Diagnosis is key to all chiropractic health care procedures. The Doctor of Chiropractic completes a thorough patient history and a physical examination to reach a diagnosis or impression before he or she starts therapy. Treatment options are then based upon the diagnosis or impression. If it is determined that the patient would benefit from other treatment options than offered by the examining chiropractor, he or she is referred to another health care provider or is co-managed between the Doctor of Chiropractic and another provider.

Chiropractic Adjustment/Manipulation

The articular adjustment or joint manipulation is a treatment option commonly used by Doctors of Chiropractic. It is a procedure used to promote normal joint health and function. When performed to the spine, it is referred to as spinal manipulation and has been developed by Doctors of Chiropractic to a very high level of accuracy and performance. Distraction manipulation/decompression, a combination of traction and manipulation, may also be used.

Additional therapies

Physical elements such as heat, cold, light, water, traction, vibration and electricity affect the body. Each impacts the body differently with changes often noted in circulation or blood flow, pain relief, relaxation of muscle tension, softening of muscle spasm, reducing inflammation and healing of wounds. Ultrasound, hot packs, cold packs and electrical muscle stimulation can be used to promote these changes to the body. Manual muscle therapy and stretching procedures are often used to assist in promotion of muscular health and function.

Nutrition

The Doctor of Chiropractic spends considerable time learning about nutrition in his or her education. Specific foods and food components, such as vitamins, herbs and minerals, are now recognized for the prevention and treatment of various ailments. In recent years it has been found that the effect of what we eat, at what times we eat, and in what combinations, all have significant impact upon short- and long-term wellness and health. These specific foods or components of food are termed functional foods.

For more information, contact Aurora's Department of Complementary Medicine at:

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The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.