

What is Chiropractic?

Chiropractic doctors practice natural, drugless, non-invasive health care and rely on the body's ability to self-heal. Sounds ideal, but just how does it work?



We look at the whole picture. Like other health-care providers, we follow a standard routine to gain information about the patient. We consult, review the case history, conduct a physical examination, and we may request laboratory analyses and/or x-rays. Unlike other health-care providers, however, chiropractic physicians also conduct a careful analysis of the patient's structure and pay particular attention to the spine. We also ask you about your life— Do you eat well? Exercise at all? How do you deal with stress? Do you have children? What do you do for work? And so on.

We seek the origin of the problem. Using this information, a diagnosis is made. Included in the diagnosis is the probable reason for your pain or discomfort. It is important to note that chiropractors seek the origin of the illness in order to eliminate it—we do not simply treat the symptoms. If your roof is leaking, do you simply catch the drips in a bucket for years on end, or do you repair the roof to prevent it from leaking? Similarly, if the migraine headache you've had all week is being caused by misaligned vertebra and an irritated nerve, do you continue to take pain killers indefinitely, or do you realign the vertebra to prevent the pain? You get the picture.

We fix the origin of the problem. Chiropractors have a term for misalignments: subluxations. A vertebral subluxation is a misalignment of the bones that protect the spinal cord. It's a leak in the roof. Or a kink in the wiring of your nervous system. The severity of the subluxation can vary, and there are a number of potential contributing factors that can be physical, emotional, mental, or chemical. The subluxation can be caused by any number of incidents, from birth trauma to an auto accident to simple repetition or over-use.