

Chiropractic: The Facts

SIMPLE ANSWERS TO COMMONLY ASKED QUESTIONS

WHAT IS CHIROPRACTIC?

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

HOW ARE CHIROPRACTORS TRAINED?

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 both a provincial and national set of exams to earn the right to practice as a Doctor of Chiropractic (DC).

HOW DOES CHIROPRACTIC WORK?

The bones in your back, called the vertebrae, are connected by cartilage and work together in a very specific way. When everything is working well, your spine is in-line, strong and flexible. The stress of daily living, injuries, or accidents can cause the bones in the spine to shift out of their proper alignment or affect your range of motion. Small changes in the alignment of your spine can cause pain by putting pressure on the different joints, muscles, and nerves along your spinal column.

Chiropractors understand how to relieve this pain. They are specially trained to find the source of your back pain, assess the problem, and make the proper adjustments that allow your spine to work properly again.

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 problem area of your spine. This pressure momentarily separates the joints, allowing a gas bubble to escape (this is the popping sound or cracking noise you might have heard about). This relieves the pressure on the joint and surrounding nerves, and most importantly, allows your spine to return to its proper position. The adjustment is not painful, and often provides immediate relief of your back pain.

