

ALTERNATIVE HEALTH & REHAB. CENTRE, PLLC
Alternative, Complimentary and Preventive Health Care Services
A Treatment Centre with a Holistic Personal Approach.
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Frequently Asked Questions - about Chiropractic

Below are answers to the most commonly asked questions about Chiropractic medicine:

- What conditions do Chiropractors treat?
- Does chiropractic treatment require a referral from an MD or DO?
- Is chiropractic treatment safe?
- Is chiropractic treatment appropriate for children?
- Are chiropractors allowed to practice in hospitals or use medical outpatient facilities?
- Do insurance plans cover chiropractic?
- What type of education and training do chiropractors have?
- How is a chiropractic adjustment performed?
- Is chiropractic treatment ongoing?
- Why is there a popping sound when a joint is adjusted?

What conditions do chiropractors treat?

Chiropractic is a health care profession that focuses on disorders of the muscular, skeletal and nervous system, and the effects these disorders have on the general health of the patient. Chiropractic care is used most often to treat back pain, neck pain, pain in the joints of the arms or legs, and headaches.

Does chiropractic treatment require a referral from an MD or DO?

No, a patient does not need referral by an MD or DO. Chiropractors are first contact physicians, and are so defined in federal and state regulations. Following a consultation and examination, the doctor of chiropractic will arrive at a working diagnosis.

Is chiropractic treatment safe?

Yes, chiropractic treatment is safe and effective. While any form of health treatment contains a degree of inherent risk, there is little danger in chiropractic care when administered by a licensed practitioner. To assure competency, all states require that DC's be board-qualified, licensed, and regulated according to stringent criteria. Statistics show that patient risk is substantially lower in chiropractic as opposed to medical care, where the use of prescription drugs and surgery pose a much higher risk of complications.

Is chiropractic treatment appropriate for children?

Yes. Children are very physically active and experience many types of falls and blows from activities of daily living as well as from participating in sports. Injuries such as these may cause many symptoms including headaches, sprain and strains, back and neck pain, stiffness, soreness or discomfort. Chiropractic care is always adapted to the individual patient. It is a highly skilled treatment, and can be very gentle.

Are chiropractors allowed to practice in hospitals or use medical outpatient facilities?

Chiropractors are being recognized to admit and treat patients in hospitals and to use outpatient clinical facilities (such as labs, x-rays, etc.) for their non-hospitalized patients. Hospital privileges were first granted in 1983.

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Do insurance plans cover chiropractic?

The majority of insured American workers have coverage for chiropractic services in their health care plans. For example, the federal government's Office of Personnel Management offers chiropractic coverage for federal employees in both the Mail Handlers and BCBS benefit plans. In addition, there is a chiropractic benefit in Federal Workers' Compensation, and chiropractic care is available to members of the armed forces at more than 40 military bases, and is available at nearly 30 veterans' medical facilities.

What type of education and training do chiropractors have?

Chiropractors are educated as primary contact health care practitioners, with an emphasis on neuro-musculo-skeletal diagnosis and treatment. Educational requirements for doctors of chiropractic are among the most stringent of any of the health care professions. The typical applicant at a chiropractic college has already acquired four years of pre-health undergraduate college education, including courses in biology, inorganic and organic chemistry, physics, psychology and related lab work. Once accepted into an accredited chiropractic college, the requirements become even more demanding, four to five academic years of professional study are the standard.

In total, the chiropractic curriculum includes a minimum of 4,500 hours of classroom, laboratory and clinical experience. The course of study is approved by an accrediting agency that is fully recognized by the U.S. Department of Education.

How is a chiropractic adjustment/treatment performed?

Chiropractic adjustments are usually a manual procedure that utilizes the highly refined skills developed during the intensive years of chiropractic education. The chiropractor typically uses his/her hands to manipulate the joints of the body, particularly the spine, in order to reduce pain, and restore or enhance joint function and nerve flow. Chiropractic manipulation is a highly controlled procedure that rarely causes discomfort. The chiropractor adapts the procedure to meet the specific needs of each patient. Patients often note positive changes in their symptoms and signs immediately following treatment.

Is chiropractic treatment ongoing?

The hands-on nature of the chiropractic treatment is essentially what requires patients to visit the chiropractor a number of times. To be treated by a chiropractor, a patient needs to be in his or her office. In contrast, a course of treatment from medical doctors often involves a pre-established plan that is conducted at home (i.e. taking a course of antibiotics once a day for a couple of weeks). A chiropractor may provide acute, chronic, supportive and/or preventive care, thus making a certain number of visits sometimes necessary.

Why is there a popping sound when a joint is adjusted?

Adjustment of a joint may result in release of a gas bubble or joint fixation between the joints that makes a popping sound. The noise is caused by the change of pressure within the joint that results in air bubbles being released. There is usually no pain involved. When you place a ratchet wrench in the neutral position and spin it, you here little tap sounds as the loose gears move past each other. No damage is done to the gears in this re-alignment movement, if done correctly, the same thing happens in the body.