



CHIROPRACTIC CARE

WHAT IS CHIROPRACTIC?

Chiropractic is a health care profession that focuses on disorders of the musculoskeletal and the nervous system, and the effects of these disorders on general health. Chiropractic care is used most often to treat neuro-musculoskeletal complaints, including but not limited to:

- Back pain
- Neck pain
- Pain in the joints of the arms or legs
- Headaches

Chiropractic care is a covered benefit in many insurance policies, including major medical plans, self-insured plans – commercial, workers' compensation, VA, auto injuries – as well as Medicare, Medicaid, and more.



To find a doctor of chiropractic near you, visit: www.f4cp.com/findadoctor

Learn more about the health and wellness benefits of seeing a doctor of chiropractic to manage your pain.

Save Lives, Stop Opioid Abuse, Choose Chiropractic.

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WHAT DOES A DOCTOR OF CHIROPRACTIC DO?

Doctors of Chiropractic (DCs), often referred to as chiropractors or chiropractic physicians, are primary healthcare professionals for spinal health and well being. DCs – who receive a minimum of seven years higher education – practice a drug-free, hands-on approach to health care that includes patient examination, diagnosis and treatment.

DCs have broad diagnostic skills and are also trained to:

- Recommend therapeutic and rehabilitative exercises
- Apply physiotherapy
- Provide nutritional, dietary and lifestyle counseling

DCs seek to reduce pain, improve functionality and educate their patients on how they can account for their own health through exercises, ergonomics and nutrition.

Doctors of Chiropractic strive to improve your health without drugs or surgery and collaborate with other health care providers.

BENEFITS OF CHIROPRACTIC

Chiropractic care offers the following therapeutic benefits:

- Relief from back and neck pain with improved function
- Relief from upper and lower extremity pain with improved function
- Relief from headaches
- Relief from pregnancy-related backache
- Correction of hip, gait, and foot problems
- Improved flexibility, stability, balance and coordination
- Prevention of work-related muscle and joint injuries
- Improved function and ability to better perform the activities of daily living

The doctor of chiropractic adapts adjustive techniques and procedures to address the age, condition, and specific needs of each patient. Chiropractic Adjustments are characterized by a specific force applied to a joint to directionally correct misalignments. The outcome is to correct the alignment and improve the body's physical function. Patients often note positive changes in their symptoms immediately following care.

RESEARCH

A growing list of research studies and reviews demonstrate that the services provided by doctors of chiropractic are clinically efficacious, safe and cost-effective.

- Harvard
- Joint Commission
- Society for Human Resource Management
- AHIP
- American College of Physicians
- FDA

The evidence supports the conservative, drug-free approach of chiropractic for managing a variety of conditions.

Sources:

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