

# Chiropractic Care and You

## Considering Chiropractic

### When should I consider chiropractic care?

There are many reasons to seek chiropractic care. Work, accidents, sports injuries, household chores, even the stress of daily living can cause painful joint and spinal problems. Even if you do not have painful symptoms, chiropractic care can help you maintain healthy spine and joint function.

### Here are some of the most common reasons why more than 4 million Canadians visit a chiropractor each year:

- Back pain
- Neck pain
- Headache
- Whiplash
- Strains and sprains from daily activities
- Repetitive strain injuries
- Work and sports-related injuries
- Arthritis
- Restricted movement in the back, shoulders, neck or limbs

Chiropractic. Hands-on health care that works.

## The Benefits of Care

### Benefits of chiropractic care

Chiropractic treatment is skilled, hands-on health care that relieves pain and helps your body be its best. Here are some of the ways it can help you.

- Improved movement in your neck, shoulders, back and torso
- Better posture
- Relief from headaches, neck and back pain
- Prevention of work-related muscle and joint injuries
- Enhanced athletic performance
- Improved flexibility
- Relief of pregnancy-related back ache
- Correction of gait and foot problems

Chiropractic. Helping you feel better. Naturally.

## Contact Information

20 Victoria St., Suite 200  
Toronto ON M5C 2N8  
Phone: 416-860-0070  
Toll-Free: 1-877-327-2273  
[www.chiropractic.on.ca](http://www.chiropractic.on.ca)



Ontario  
Chiropractic  
Association

## Chiropractic Health Care

### What is chiropractic health care?

**The word “chiropractic” comes from ancient Greek and means “done by hand.”**

Adjustment of the joints of the body has been used in the healing arts for many centuries and is at the heart of modern chiropractic care. Chiropractors are specialists in manual adjustment of the vertebrae of the spine and other joints. Adjustment helps relieve pain and restore normal functioning to the spine, joints and supporting structures of the body – so you can enjoy your everyday activities again as quickly as possible.

Chiropractors are also trained to prescribe therapeutic exercise, provide nutritional counselling, and recommend rehabilitation and injury prevention strategies.

### Did you know?

Back pain, neck pain and headache are the most common reasons why Canadians first consult a chiropractor. If aching joints and muscle pain are affecting your ability to get through the day and keeping you away from your favourite activities, consider chiropractic care. A Doctor of Chiropractic (DC) will assess your symptoms and recommend a treatment plan to put you on the road to recovery. Your chiropractor can also provide expert advice to help you prevent pain and injury from recurring.

## Chiropractic Adjustment

### What is an adjustment?

An adjustment is a highly skilled and precise movement usually applied by hand to a joint of the body. Adjustment loosens the joint to restore proper movement and optimize function. When a joint is adjusted, a gas bubble escapes causing the popping noise you may have heard about.

### Why is spinal health important?

The body's information highway – your nervous system – is protected by the spine. The nervous system travels out between the vertebrae or joints of the spine to carry messages from the brain to every corner of your body. Stress and strain on the vertebrae can put pressure on the nerves in the affected area. That is why a problem with your spine can have far-reaching effects, causing symptoms such as arm or leg pain.



## The Evidence

### Evidence-based & patient-centred

Chiropractic adjustment techniques have been researched extensively. Complications are rare and side-effects, such as temporary soreness, are usually minor. Your chiropractor is well-trained to determine if your problem will respond to chiropractic care or if you require referral to another health care provider.

Following university studies, a chiropractor must then complete a rigorous four-year, full-time education program and pass comprehensive Canadian qualifying examinations in order to become licensed to practice. Chiropractors are regulated health professionals and the licensing college in each province is charged with protecting the public and setting standards for the profession.

