

Setting The Record Straight On Chiropractic Care



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We've all heard of chiropractors, but do we really understand what they do? Many people have misconceptions about chiropractic, largely

because of several myths about the profession. To help clear up some of these misconceptions, let's discuss some of the myths and facts about chiropractic.

Myth #1

Chiropractic care is only for neck and back pain.

FACT: Chiropractic care has its greatest effect on the nervous system. The nervous system is comprised of the brain, the spinal cord and all the nerves that originate from the spine and innervate every part of our body. Pain is essentially an electrical or chemical response due to injured, damaged or degenerative change to a tissue (i.e. muscle, ligament, tendon, skin, bone, organ.)

Chiropractic's action is removal or repair of the disturbance, blockage or damage causing the pain or abnormal response. This is accomplished primarily through an adjustment. Chiropractic adjustments have been shown to help people suffering from problems such as allergies, asthma, headaches, joint pain, extremity pain, TMJ pain and digestive issues because of the effect it has on the nervous system.

Myth #2

A chiropractor "cracks your bones."

FACT: A manual manipulation of a joint does not involve "your bones cracking."

The audible sound sometimes heard during the adjustment is created by the opening of the joint space. A chiropractor does not move your bones. Rather a manual manipulation opens up a joint and relieves pressure within the joint, thus allowing the release of gases, similar to opening a carbonated soda bottle. Some patient's treatment plans may also include physiotherapy, soft tissue work, exercise, ergonomic advice and nutritional counseling.

Myth #3

Once you go to a chiropractor, you always have to go.

FACT: 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, an allopathic course of treatment 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). If you are being treated for a specific problem, your recommended treatment plan should end when the problem is resolved. A chiropractor may provide acute, chronic, and/or preventive care, thus making a certain number of visits sometimes necessary. Your doctor of chiropractic should tell you the extent of treatment recommended and how long you can expect it to last.

Myth #4

Chiropractic adjustments are painful and dangerous.

FACT: A chiropractic adjustment should be a pleasant experience. Most people

feel much better the moment their spine has been adjusted. When your spine is not aligned properly, that can produce a great deal of pain and create many other health-related issues.

Chiropractic adjustments have not been found to be dangerous. Chiropractic is widely recognized as one of the safest drug-free, noninvasive therapies available for the treatment of neuromusculoskeletal complaints. Although chiropractic has an excellent safety record, no health treatment is completely free of potential adverse effects.

The risks associated with chiropractic, however, are very small. Many patients feel immediate relief after chiropractic treatment, but some may experience mild soreness or aching, just as they do after some forms of exercise. Minor discomfort or soreness following spinal manipulation typically fades within 24 hours and can sometimes be prevented with adequate water intake.

Chiropractic care can help improve your overall health and help with more than just back and neck pain. Many health insurance plans include chiropractic coverage and usually do not require a referral from an M.D. ♦

Owner of Shant Wellness in Apopka, Dr. Pari Limbachia is a Doctor of Chiropractic and Certified in Acupuncture. She is a graduate of the University of Florida and Parker College of Chiropractic. She is currently an assistant professor at Palmer College of Chiropractic's Port Orange campus and is dedicated to increasing the awareness of holistic health solutions by offering chiropractic, acupuncture, massage and yoga at Shant Wellness.