

## The Chiropractic Industry

Many of the principles upon which chiropractic is based have been known for 100 years. However, thanks to research, increased knowledge, and technological advancements, the practice of chiropractic has continued to evolve. Today the profession is widely respected and over 6500 chiropractors are licensed to practice in Canada, according to the Canadian Chiropractic Association.

Chiropractors specialize in the treatment of neuromusculoskeletal disorders. In their understanding of neuromusculoskeletal functions, chiropractors focus primarily on the body's nervous system. The nervous system controls the other body systems and impacts performance of those systems. For example, problems with the nervous system can lead to spasms, muscle tightness or joint dysfunction.

Chiropractic doctors have seven years of post-secondary education. Compared to medical doctors, chiropractic doctors spend a higher proportion of their education on anatomy, physiology and orthopedics. Medical doctors spend higher proportion of their time on biochemistry, biology and pharmacology. Chiropractic patients typically undergo a range of clinical, orthopedic, and even diagnostic testing â?? more than you would typically expect at your family physician's office.

Usually, a patient seeks care from a chiropractic doctor due to musculoskeletal problems affecting the back, neck or hip. More than likely, the first time patient has experienced the ache or pain before, but this time the pain has failed to go away like it might have in the past. The chiropractor is skilled at investigating the causes of such pain.

Chiropractors seek to understand what caused the problems in the first place. They will determine if a muscle is too tight or weak, and whether the joints are moving too much or too little. The first appointment is usually dedicated to answering these questions. Subsequent visits will focus on resolving the problem. At the same time, the chiropractor will begin providing the patient with tools needed to regain and maintain optimum health.

Chiropractic care takes a pro-active approach to each patient's health. Chiropractic treatment is considered non-invasive and safe. It doesn't require anything to be put into or taken out of the body. The goal is to help the body to function as normally and as naturally as possible. Education will be provided to patients on lifestyle issues, such as safe and effective exercise, healthy eating and proper posture. A properly functioning nervous system will not only solve the initial problem, but help to improve overall health.

Chiropractors are educated to take care of patients of any age. In addition, many chiropractors have specialties, such as soft tissue disorders, injury rehabilitation, pediatrics and pregnancy care. There are many specializing in sports performance. When choosing chiropractic care, you may want to find out about the interests and background of your potential chiropractor before deciding if the fit is right.