



Wellness News Network™

Your Source for Health & Wellness Information

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Chiropractic: Health of the Whole Person

Presented by:

Introduction

Natural healing principles align with chiropractic care, which also includes standards shared by other health professions. The natural healing principles associate with the belief that chiropractic practice deals with the total person. It is a holistic approach to health and healing. This distinguishes Chiropractic care from the modern medicine model. The chiropractic approach is defined by these two concepts: 1) That your body can heal itself once impediments or barriers to health are removed or corrected and 2) That the mind-body relationship is crucial in supporting the healing process.

Chiropractors believe when proper joint and soft tissue alignment is restored throughout your body, better structural health can be achieved. Your relationship with



the natural world - how you move, how your environment causes you to move (or not move) - is a primary concern for your chiropractor.

Early Intervention & Prevention

Chiropractors recommend intervening in the disease process as early as possible to ensure beneficial health outcomes. Chiropractors are also known for their proactive disease prevention strategies, which help ensure that common musculoskeletal health problems never develop. A 2004 study published in the *Journal of Manipulative and Physiological Therapeutics* notes that a significant proportion of chiropractors and chiropractic students in the United States possess a positive attitude about preventive health services, especially physical activity and diet.¹ Another study published in the same journal states that chiropractors, as a group, have a keen interest in providing their patients with health information that extends beyond spinal health.²

Treating the Cause, Not Just the Symptoms

Chiropractors perform therapeutic measures - spinal manipulation, soft tissue work, functional exercise prescription - that have the dual effect of eliminating your pain, discomfort or other symptoms and correcting the processes and circumstances that caused or

QUESTION:

The natural or total person approach to chiropractic is called:

- a) environmental
- b) holistic
- c) lifestyle
- d) all of the above

ANSWER:

- b) holistic

TRUE OR FALSE:

In some cases Chiropractic treatment can avoid surgery

ANSWER:

True

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contributed to your injury or condition. In this way, chiropractic care sets itself apart from contemporary medical practices, which often rely on drugs to temporarily mask symptoms. Thus, your chiropractor is interested in understanding the true cause of your illness or problem in order to permanently resolve it.

Rehabilitation vs. Surgery

Depending on your health problem, it might be possible to turn to chiropractic care for a more natural approach to spinal problems and even find a way to avoid surgery. Chiropractic care emphasizes rehabilitation and recuperation instead of surgical interventions. Many chiropractic patients have experienced treatment outcomes that equal or exceed the treatment outcomes expected from surgery for their specific problem. This is not to say that your chiropractor will not recommend surgery in some cases. According to a 2007 study published in the *Journal of Manipulative and Physiological Therapeutics*, most chiropractors agree that conventional medical approaches - pharmaceuticals and surgery - are helpful when used appropriately and that many chiropractors successfully collaborate with medical doctors as part of a health care team.³

Appreciation of Factors Affecting Health

Chiropractors understand the various factors that can affect your health and how these factors can complicate your ability to heal. Chiropractors will work with their patients to determine how both environment and lifestyle are affecting one's health. These factors will be considered as part of the patient's treatment plan. Do you sit at work or are you always standing? Do you do repetitive tasks? These questions and others will help your chiropractor determine your unique treatment needs and he or she will

counsel you on the ways that you can best achieve long-term health success.

Tracking Recovery

Your chiropractor may use specific measures, including surveys, range of motion assessments and functional tests, to objectively track or document your recovery progress. These measures help your chiropractor understand what treatments are working and what treatments could be altered to help speed your return to health. The use of relevant measures is part of an evidence-based approach to health care. According to a 2001 article published in the journal *Spine*, evidence-based care, over the long term, improves treatment outcomes in patients with acute low back pain and reduces the time these patients experience pain or discomfort.⁴

Patient-Centered

Chiropractic care is a patient-centered, hands-on healing approach that improves your musculoskeletal health and function by manipulating - gently and purposefully - affected structures or areas in your body. The very nature of chiropractic care creates an intimate healing environment between patient and practitioner. Your chiropractor will use this environment and the time he or she has with you to learn more about your specific health situation and concerns.



Quote to Inspire

"The mind must be cured as well as the body, as the mind - so is the body."

Dr. Daniel D Palmer

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