

What is Chiropractic?

Many people have at least heard of chiropractors or chiropractic by the time they reach their 20's, right? But how many people actually know what a chiropractor or chiropractic is? If I asked a 5-year-old what a doctor does, they would most likely tell me something along these lines: a person whose job it is to help you when your sick. Most people would agree with that statement, correct? Well a chiropractor does the same thing just in a different way.

Chiropractors are also Doctors who help people when they hurt or are sick. We just help in different ways. Chiropractors specialize in the neuromusculoskeletal system, which is a fancy medical term for the bones and nerves in the body. We have special training and tools to see if something isn't aligned properly. More importantly we have years of training to specifically and accurately correct a single bone that is out of alignment. This correction is called an adjustment. We are simply "adjusting the position of the bone" then we let the patient's body start the healing process itself. This is what makes chiropractic one of the most natural non-invasive healing options for patients.

So next time someone asks you "what is chiropractic" you know it is more than "cracking or popping bones". It is a specific adjustment to a bone that is out of alignment to help the body heal better. As a bonus it also helps you have less pain and eventually get rid of pain. Now THAT is a SWEET deal!