

Chiropractic is a health care profession that focuses on disorders of the musculoskeletal system and the nervous system and the effects of these disorders on general health. Chiropractic care is used most often to treat neuromusculoskeletal complaints, including back pain, neck pain, pain in the joints of the arms or legs, TMJD, muscle aches/pains, and headaches.

Doctors of Chiropractic practice a drug-free, hands-on approach to health care that includes patient examination, diagnosis and treatment. Chiropractors have broad diagnostic skills and are also trained to recommend therapeutic and rehabilitative exercises, as well as to provide nutritional, dietary and lifestyle counseling.

The most common therapeutic procedure performed by Doctors of Chiropractic is known as "Chiropractic Spinal Manipulation Therapy (CMT)," also called "chiropractic adjustment." The purpose of manipulation is to restore joint mobility by manually applying a controlled force into joints that have become hypomobile – or restricted in their movement – as a result of a tissue injury.

Tissue injury can be caused by a single traumatic event, such as improper lifting of a heavy object, or through repetitive stresses, such as sitting in an awkward position with poor spinal posture for an extended period of time. In either case, injured tissues undergo physical and chemical changes that can cause inflammation, pain, and diminished function for the sufferer. Manipulation, or adjustment of the affected joint and tissues, restores mobility thereby alleviating pain and muscle tightness, and allowing tissues to heal.

A chiropractic adjustment rarely causes discomfort. However, patients may sometimes experience mild soreness or aching following treatment (as with some forms of exercise) that usually resolves within 12 to 48 hours.