Chiropractor Helps Relieve Back Pain

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Chiropractic is a health care profession devoted to the diagnosis and non-surgical treatment of neuromuscular disorders of the nervous and musculoskeletal system. Normally, chiropractors focus on treatment through manual handling or adjustment of the spine. Most chiropractors try to decrease pain and recover the functionality of patients and educate them on how they can improve their fitness via exercise and other therapies to overcome back pain.

Chiropractors perform spinal management by applying a small amount of force or a more powerful push to readjust the bones of neck and spine by means of their hands or a device (Staff, 2005). According to the American Chiropractic Association (ACA), chiropractors handles back pain as well as other health situations, like headaches, neck pain, repetitive strains, arthritic pain and ligament, muscle and joint disorders and injuries. Spinal handling is classically most effective when shared with more traditional therapies for the treatment of back pain, such as:

* Relaxation techniques
* Massage
* Exercise and stretching
* Patient education
* Electrical stimulation or ultrasound
* Heat and cold therapies

Daniel David Palmer, in 1895, created chiropractic treatment. He was a grocer with an strong interest in metaphysics. He claimed to be the first who used explicit contacts as short-force points for producing more specific spinal alterations (Novella, 2009). Palmer reported the principle of chiropractic by adjusting the backbone of a deaf janitor and claimed to restore hearing by manipulating his neck. Palmer refer his new therapy by creating the term ‘chiropractic’ which accurately means ‘done by hand’. He claimed that all disease is caused by dislocated bones, mostly spinal bones, and which disturb the movement of characteristic intellect. Without transferring his ideas to any research method, he directly started teaching his ideologies and principles to the first group of chiropractors and treating patients.

The best way to choose a chiropractors is to ask a physical therapist, basic care physician, or [backbone specialist](https://www.spine-health.com/treatment/spine-specialists) for references whom they consider as capable and reliable. Moreover, we ask our friends, colleagues and neighbors for recommendations. It is valuable to find a chiropractor who is appropriate to person specific needs, who is selected by recommendations (Denton, 2008). Generally, if many people recommend same chiropractor, then he must be most reliable for treatment. Best way before starting chiropractic treatment is to conduct a telephone call to consultation office to study about the chiropractor, his clinic, and techniques used by him. It is very significant to feel relaxed with chiropractor and his clinic environment to gain constructive treatment experience (McDonald, 2009).

There is good evidence about chiropractic treatment or spinal manipulation therapy (SMT). It is effective for few patients suffering from low back pain but not superior than other treatments. SMT is not limited to chiropractic professionals but also practiced by osteopathy doctors, physical therapists, and others. Approximately 50% patients say that there are short-term opposing effects from manipulation like increased radiating or local pain. It can injure the vertebrobasilar arteries, and cause problem of neck manipulation i.e. paralysis, stroke, and even death (Ingraham, 2019).

Advanced chiropractors and critics from within the profession like doctors, chiropractic regulatory agencies, activist physicians, scientists reporting and explaining concerns about chiropractic treatment success and claims on health. There is no published evidence of the chiropractic treatment success. Irrespective of passionate claims, there is no evidence that defensive or care alterations do anybody any good. Moreover, I believe that some chiropractic therapy does work for some people n a particular way. Mostly people want to know, does chiropractic therapy works? What kind of treatment it is? What kind of patients are suggested for it?

Generally, the risk of injury during chiropractic treatment is low when it is done by a skilled and licensed consultant. Spinal manipulation has fewer risks and most of side effects are minor like stiff, tender, or hurting muscles which lasts for 1-2 days after treatment. Some people may feel momentary headache, dizziness, or impassiveness after an appointment. Though some reports explain about serious side effects after chiropractic treatment like compression of nerves, spinal cord injury, spinal fluid leakage, cauda equina syndrome, herniated disc (Salehi, Hashemi, Imanieh, & Saber, 2015). Neck manipulation carries risk of stroke by blocking blood flow in the brain. Some people are not recommended for chiropractic like:

* Severe [arthritis](https://medlineplus.gov/ency/article/001243.htm)
* Bone or joint infection
* Severely pinched nerves
* [Bone tumors](https://medlineplus.gov/ency/article/001230.htm)
* Bone fractures
* Severe [osteoporosis](https://medlineplus.gov/ency/article/000360.htm)

If my grandmother asks me for chiropractic manipulation for her health, I will not suggest her because of two reasons i.e. her age and severe [arthritis](https://medlineplus.gov/ency/article/001243.htm).

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