



What Is Chiropractic

"The nervous system holds the key to the body's incredible potential to heal itself."

Chiropractic care is a proven, drug free, non-surgical approach to healing and wellness. Chiropractic care restores health and prevents injury by improving the structural integrity of the body, primarily the spine. The brain communicates with the rest of the body via the spinal cord and nervous system. When functioning perfectly, this communication is uninterrupted, and the messages go to and from the brain without interference. When a vertebra moves out of place and puts pressure on a nerve, wherever that nerve goes, that part or area of the body will not function at 100%. Chiropractic aligns the vertebra back into its proper position in a gentle, comfortable way to allow the body to operate the best that it possibly can.

Addressing the Root of the Problem

The nervous system, or system of nerves throughout the body, serves as the body's wiring. If this wiring is inhibited, the signal does not reach the intended body part, and illness, pain, or discomfort may result. Such interferences can manifest anywhere along your spine. Pain in your arm or hand may actually be caused by a problem in your neck, where the nerves connecting to that hand originate. A chiropractor can examine the spine for interferences and remove them using specific techniques.

Established Practice

According to The Association of Chiropractic Colleges, chiropractic care focuses on the relationship of structure and function (as coordinated by the nervous system), and how that relationship affects the preservation and restoration of your health. Chiropractors are professional practitioners, delivering long-term care at a fraction of the cost of drug treatments and surgery. Chiropractic has been a proven option for healthcare for many years and is covered by most insurance plans.