

How Chiropractic Care Can Help You

Your Treatment Plan

After diagnosing your condition, your chiropractor will discuss treatment options and your preferences. They'll work with you to determine the best treatment plan to restore your mobility, relieve your pain and help prevent it from returning.

Before beginning any treatment, your chiropractor will explain the diagnosis and treatment plan. They will then answer any questions you may have, so you are confident to give your informed written consent.

Your plan may include various treatments, such as:

- Manual, 'hands-on' therapy
- Customized, therapeutic exercises
- Soft tissue therapy
- Electronic modalities (therapeutic ultrasound and cold laser therapy)
- Acupuncture
- Self-management strategies (positions for relief and pain management techniques)
- Advice and education

One of the most frequent treatments a chiropractor uses is hands-on, manual manipulation of the vertebrae of your spine or other joints, which is called an 'adjustment.'

To perform an adjustment, your chiropractor will use their hands to apply controlled force to your joint and guide it through a range of motion. This evidence-based therapy restores your joint's natural movement and improves your ability to move through your day without pain.

Quality Care

Chiropractic care is widely recognized as one of the safest, drug-free, non-invasive therapies available for treating headaches, neck and back pain, as well other muscle, joint or nervous system issues. As chiropractic adjustment techniques are well researched, complications are rare and side effects, such as temporary soreness, are usually minor.

By assessing your medical history, performing thorough examinations and frequently re-evaluating your symptoms and progress, your chiropractor will work with you to minimize your risks and improve your quality of life.

Attaining Chiropractic Care

In Ontario, you can visit a chiropractor without a referral from a medical doctor, nurse practitioner or other health care professional.

To find a chiropractor near you, ask your family doctor, nurse practitioner, family member, friends or use the **Find a Chiropractor** tool on our website at: www.chiropractic.on.ca.

Most extended health care benefit plans cover chiropractic services. Coverage is also available for Indigenous people through Health Canada's Non-Insured Health Benefits (NIHB) program.



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Ontario
Chiropractic
Association

Chiropractic Care

Whether we're at home, work or play, daily living puts strain on our bodies. As a result, you may suffer from persistent headaches, back, neck or joint pain. You may have this type of pain due to an injury, accident, illness or long-term condition, such as arthritis. Chiropractic care can help.

What is chiropractic care?

Chiropractic care is a patient-centred, non-invasive, hands-on, regulated health care profession that focuses on your spine, muscles, joints and nervous system. It can promote health, alleviate pain and improve your quality of life.

What is a chiropractor?

Chiropractors are spine, muscle, joint and nervous system experts, who receive at least six to seven years of post-secondary academic and clinical education. They apply the best available evidence and their clinical expertise to diagnose issues that affect your body's movement. Using primarily their hands, your chiropractor will treat these issues without medication or surgery to restore your mobility and help prevent them from returning.



Why Chiropractic Care?

More than half of all Ontarians have been to a chiropractor in their lifetime. Many people seek chiropractic care to manage and treat various spine, muscle and joint conditions and pain...

- After an accident/injury, including whiplash
- In their low-back, pelvis or mid-back
- In their head, neck or shoulders
- In their elbows, wrists or hands due to sprains, strains and other conditions
- In their hip, knee, ankle or foot due to sprains, strains and other conditions
- Related to cancer, arthritis, osteoporosis or other chronic conditions

Preventative Care

But you don't have to have an issue or be in pain to visit a chiropractor. Expecting mothers to athletes visit chiropractors to reduce their risk of injuries or improve their flexibility, mobility and posture.

Part of Your Health Care Team

Chiropractors collaborate with other health care professionals, such as medical doctors, nurse practitioners, physiotherapists, registered massage therapists, midwives and other specialists to help you manage your condition.



Your First Visit

The purpose of this 30 to 60-minute visit is to help your chiropractor better understand your current health, as well as your spine, muscles, joints or related nervous system issues. If you have an X-ray or radiography report, bring it with you.

Your chiropractor may ask:

- What's the main issue that brings you here and how does it affect your life?
- What major illnesses and surgeries have you had?
- Do you have any chronic conditions?
- What medications are you taking?
- How have you tried to manage your condition?
- What's your diet, exercise, sleeping habits like?
- What's your work routine, schedule and daily stress like?

Your chiropractor may perform some of the following tests:

- Blood pressure, pulse and breathing checks
- Reflex, strength and sensation tests
- Orthopedic tests
- Posture and movement analysis
- Hands-on evaluation of your spine movement

Your chiropractor may also order X-rays or refer you to your family doctor or a nurse practitioner for diagnostic tests, such as lab work or advanced imaging.

Using the best available evidence and their clinical expertise, your chiropractor will then be able to diagnose issues affecting your body's movement. If they suspect you have a condition that's more appropriate for another health care professional to treat, they'll make a referral. And they'll coordinate with your health care team to support your treatment with chiropractic care, as needed.