

CHIROPRACTIC CARE FOR PAIN MANAGEMENT

WHAT YOU SHOULD KNOW

CHIROPRACTIC CARE is a treatment aimed at improving the health of the spine and soft tissues. It focuses on correcting the structural problems behind most types of spine pain.

Chiropractic care can:

- Reduce spinal stress, tension, inflammation, and pain
- Improve how you move and reduce stiffness
- Improve your body's own natural mechanics

Patients with acute and chronic herniated discs have experienced significantly favorable outcomes with chiropractic care, and 88 percent of patients with disc herniations and lower-back pain reported continued improvement one year after treatment.

Source: National Institutes of Health

UNDERSTANDING CHIROPRACTIC CARE AND WHAT IT CAN DO FOR YOU

Chiropractic care can include:

- **Cold laser** — Treatment using specific wavelengths of light that interact with tissue to accelerate healing
- **Exercise** — Exercises tailored to meet your needs and goals to ease pain, strengthen muscles, and improve your ability to function
- **Hot and cold therapies** — Therapies used to reduce pain and swelling, relax tense muscles, and stimulate blood flow
- **Interferential stimulation** — A low-frequency electrical stimulation of nerves
- **Manipulation** — Adjustments designed to improve the health and mechanics of the spine, allowing for improvements in symptoms and the structural problems that can create pain
- **Massage** — Hands-on treatment designed to increase circulation and decrease soreness and muscle spasms
- **Physiological therapeutics** — Passive and active treatments designed to help reduce pain and inflammation, and to strengthen weakened or dysfunctional areas of the body
- **Spinal remodeling techniques** — Treatment focusing on restoring proper alignment and function to the spine
- **Ultrasound** — Deep heating soft-tissue structures in the body

Benefits

- Can increase strength, relieve pain, help nerve problems, and improve function and your well-being
- A hands-on approach that directly targets the source of your pain
- Relatively few side effects, aside from muscle soreness
- May see results in a few treatments

Keys to Success

- Set realistic goals for your pain relief
- Realize that it may take several treatments to help reduce your pain
- Practice at-home exercises given to you by your chiropractor
- May include the use of imaging and other testing, such as MRIs, CT scans, bone scans, and ultrasound imaging to guide treatment
- Combine with other therapies for best results

HOW TO FIND A CHIROPRACTOR

- Look for a licensed doctor of chiropractor care to be sure you are receiving care from an expert medical practitioner.
- Ask your primary care provider for a recommendation.
- Search for a licensed chiropractic practitioner through the Delaware Division of Professional Regulation's online license verification system at dpr.delaware.gov.

Talk with your health care provider to be sure this type of therapy is right for you. For more information, visit HelpIsHereDE.com.

