

Chiropractic Fact Sheet

What is Chiropractic?

Chiropractic is a non-invasive, hands-on health care discipline that focuses on the neuro-musculoskeletal system. Chiropractors practice a manual approach, providing diagnosis, treatment and preventative care for disorders related to the spine, pelvis, nervous system and joints. Chiropractors use a combination of treatments, all of which are predicated on the specific needs of the individual patient. After taking a complete history and diagnosing a patient, a chiropractor can develop and carry out a comprehensive treatment/management plan, recommend therapeutic exercise and other non-invasive therapies, and provide nutritional, dietary and lifestyle counseling.

What conditions can be treated with Chiropractic?

Orthopedic and Neurological Conditions

Work Comp Injuries

Neck Pain

Sciatica

Foot Pain

Fibromyalgia

Headaches

Athletic Injuries

Back Pain

Car Accident Injuries

Whiplash

Arthritis

What is a Chiropractic adjustment?

An adjustment is a highly skilled and precise movement usually applied by hand to a joint of the body. Adjustment loosens the joint to restore proper movement and optimize function. When a joint is adjusted, a gas bubble escapes causing the popping noise you may have heard about. Chiropractic adjustment techniques have been researched extensively. Complications are rare and side-effects, such as temporary soreness, are usually minor. Your chiropractor is well-trained to determine if your problem will respond to chiropractic care or if you require referral to another health care provider.

**500 North Union Street
Middletown, PA 17057
Tel: 717.944.2225
Fax: 717.944.0932**

**1300 Bent Creek Blvd
Mechanicsburg, PA 17050
Tel: 717.796.2225
Fax: 717.796.2229**

**845 Sir Thomas Court
Harrisburg, PA 17109
Tel: 717.652.4002
Fax: 717.652.4005**

**20 North Barbara Street
Mount Joy, PA 17552
Tel: 717.492.0303
Fax: 717.492.0309**