

**DO YOU/CAN YOU  
DO THIS?  
SHORT WELLNESS SELF-  
CHECKS**

# **Do you do Chiropractic Treatments?**

Chiropractors specialize in body treatments that manipulate and mobilize joints. They also understand the foundations of body movement and injury.

Most people seeking their care are looking for a spinal readjustment, which helps with vertebrae alignment and joint movements. The neck and spine cracking can also offer relief from aches and pains. Unfortunately the improvement tends to be temporary, so you'll need to go back on a regular basis. It is similar to getting a massage or doing stretches or yoga in that the relief is short lived.

**I therefore would highly consider visiting a physical therapist, who can give you in clinic therapy and at-home exercises and body care tips. If you want to solve the problem look for the root cause and work at fixing it. Many times it can be just changing your posture, how you move, adding exercises, or even eliminating some exercises.**

According to Harvard Health the most positive research on chiropractic therapy has focused on spinal manipulation for low back pain. As one of the alternatives to pain-relieving drugs, the American College of Physicians low back pain guideline recommends spinal manipulation in the same category as heat, massage, and acupuncture according to Harvard Health. Harvard Health also sites a study published in *JAMA Network Open* of 750 active-duty military personnel who complained of back pain. Half were randomly assigned to receive usual care (including medications, self-care, and physical therapy) while the other half received usual care plus up to 12 chiropractic treatments.

After six weeks of treatment, those assigned to receive chiropractic care:

- reported less pain intensity
- experienced less disability and more improvement in function
- reported higher satisfaction with their treatment
- needed less pain medicine.

Harvard Health goes on to say that the good news is that no matter what treatment is recommended, most people with a recent onset of back pain are better within a few weeks — often within a few days.

For further insight please see this [review](#) which finds some benefits from these therapies. See this [article from pain science](#) for a different perspective.

**Self-checks: Solving problems before they happen.**