



Does Chiropractic Therapy Works? A Doctor's Opinion

It is a commonly asked query, "Does chiropractic therapy work?"

In order to answer this, a lot has to be taken into consideration such as:

- What is the age of the patient?
- What is the health condition for which chiropractic therapy is sought?
- How long is the treatment planned for?
- Does the patient suffer from other medical conditions?

What Is Chiropractic Therapy?

Essentially, chiropractors align the spine with various manipulation techniques.

The first visit typically consists of physical exam and health history. The density and structure of spine are gauged. People with osteoporosis have the lower density of bone which means they will require gentler treatments.

Chiropractic therapy includes applying controlled pressure to an affected joint. This allows the joint to move freely. This also "ensures reduced pain and inflammation", says [Ray Tuck](#), the chairman of the board of the American Chiropractic Association.

Chiropractic therapy in simpler words is "spine adjustment". There are numerous everyday factors and lifestyle habits that lead to misalignment of the spine. A misaligned spine means the nervous system will not be able to effectively communicate with your organs, affecting its functioning.

Every year, great numbers of people in the U.S. see chiropractors for relief of headaches; foot, [back](#), neck, and shoulder pain.

Which Treatment Should You Visit A Chiropractor For?

According to Dr. Ralph Gay, Director of the Spine Biomechanics Research Group at the Mayo Clinic,

"Chiropractors do a reasonably good job of treating back and neck pain and there is limited evidence that some lumbar radiculopathies (or sciatica) may benefit from their treatment. A good chiropractor will explain why treatment is indicated, and suggest a trial period of treatment (for example 6 to 8 visits) to determine if it is going to help."

Studies show that chiropractic therapy has proven beneficial for several problems such as [sports injuries](#), [stress](#), [back pain](#), [Fibromyalgia](#) or [kids and infant's healthy life](#), to state a few