



# Alberta Chiropractic

treatment you can trust



## Chiropractors

helping Albertans lead healthy and pain free lives

When the small but vitally important 24 bones protecting your spinal cord lose their normal position, the delicate nerves around your spine can become pinched, choked or irritated. This often results in back pain, reduced

mobility, and in some cases, the inability to perform normal everyday activities.

That's where Doctors of Chiropractic come in. In clinical terms, chiropractors are neuromusculoskeletal specialists. In plain language, chiropractors specialize in treating disorders related to muscle imbalance and bone misalignment that can cause pain and reduced mobility. Your chiropractor will examine your spine to determine if there is any malfunctioning or misalignment. If there is, your chiropractor can adjust your back or neck to help solve the problem which, in turn, will relieve the pain.



## Separating fact from fiction

some facts about neck adjustments:

- Your chiropractor has extensive training in neck and spinal realignment.
- Adjustments help improve joint mobility which in turn, helps relieve pain, ease muscle tension and increase your range of motion.
- The risk of an adverse event associated with neck adjustments is lower than the **risks associated with common diagnostic tests or prescription drugs**. In fact, the extremely low risk associated with neck adjustments cannot be matched by any other medical procedure.<sup>1</sup>
- Rate of a serious adverse event with a neck adjustment is estimated at 1 in every one to two million adjustments.
- Chiropractic, like all regulated health professions, is required by legislation to obtain informed consent from patients. This usually includes a discussion with your chiropractor about the benefits vs. risks of a neck adjustment.

1. *Chiropractic Manipulation and Stroke: A Population-Based Case-Control Study*, Rothwell DM, Bondy SJ, Williams JI, *Stroke*, May 2001.

## What patients think about chiropractic

Thousands of Albertans seek chiropractic care daily and as a result enjoy a better quality of life. Here's what some of those Albertans had to say:

*"I operate heavy equipment for a living. That coupled with sustaining a shoulder injury playing hockey prompted me to see a chiropractor. The results have been great. I no longer feel 100 years old."*

- Rod Chivers

*"If you'd told me on Wednesday that I could swing a golf club by Friday, I wouldn't have believed you, but that was my experience in seeing a chiropractor. I could golf without being in pain and I did really well."*

- Gail Barros

*"I was in a car accident and suffering from whiplash. I was reluctant to take medication to treat my condition and a friend suggested I see a chiropractor. I found the treatment to be extremely effective. I'm fairly competitive in sports and because I want to remain in top condition, I continue to see a chiropractor on a regular basis."*

- Brad Young

## Chiropractic makes good sense:

- ▶ Chiropractic is a scientific, effective, drug and surgery-free health care treatment.
- ▶ Chiropractors are highly skilled primary health care providers, with extensive education and training similar to that of medical doctors.
- ▶ Almost 500,000 Albertans sought chiropractic care last year.

## Research talk

Research shows that chiropractic is significantly safer than comparable pharmaceutical and surgical treatments, and produces far fewer (**4,000 times fewer**) negative side effects like chronic pain, disability or death.

Recent research conducted at the University of Calgary, demonstrated that neck adjustment is done well within the neck's normal range of motion; that no force is applied to arteries during an adjustment; and that arteries are not stretched during adjustment.<sup>2</sup>

To further understand chiropractic's effectiveness, the Canadian chiropractic profession is currently involved in additional research to further examine neck adjustments.

2. Internal forces sustained by the vertebral artery during spinal adjustment therapy, Herzog W, Journal of Manipulative and Physiological Therapeutics, Oct. 25(8): 504-20, 2002.

## Did you know...

little known risks related to hospitalization and over-the-counter medication

Long-term use of non-prescription pain relievers carries a 1,000 times greater risk of serious complications than neck adjustment. For example:

- Non-steroidal anti-inflammatory drugs (like Advil) have the following risk factors:
  - risk of serious complication is 1,000 in every million.
  - risk of death is 100 to 200 in every million.

The Journal of The American Medical Association reported that in the U.S. there are:

- 12,000 deaths/year from unnecessary surgeries.
- 80,000 deaths/year from infections occurring due to hospitalization and exposure to diseases in the hospital.
- 106,000 deaths/year caused by the adverse effects of prescribed medications.



## Some fast facts about strokes

Strokes may occur from normal everyday activities such as cradling a phone between your ear and shoulder during a prolonged conversation. They have also been associated with simple activities such as having your hair washed at the hairdressers, dental procedures, painting a ceiling and turning your head while driving. Strokes can occur spontaneously in some people for no apparent reason.

There are many risk factors for stroke including blood clotting problems, hypertension, smoking, high cholesterol, birth control pills, heart problems and trauma such as blows to the head and sports injuries. A patient's health history and activities have to be examined very carefully in order to determine the most probable cause of a stroke.



## Some famous last words... about chiropractic

*"Chiropractic has really helped me. When I was in a growth spurt, my back became very sore and I was weak. My chiropractor really helped me. Not only did he adjust my spine he also gave me strengthening exercises to do. If you are tall and gangly, like I am, or play sports, I would recommend chiropractic."*

- Tiger Woods

*"Thank God I have a great chiropractor. I wish I'd never introduced him to Madonna and Janet and Tina (Turner). Now I have to share him."*

- Cher

*"There is really no better profession than chiropractic. You really helped me. I depend on chiropractic and so does my whole family. I found it was better to go to the chiropractor before you get injured. [Chiropractors] take care of people like no other kind of healer."*

- Arnold Schwarzenegger

If you have any questions or concerns please ask your chiropractor, or contact the College of Chiropractors of Alberta at (780) 420-0932 or via email at [office@ccoa.ab.ca](mailto:office@ccoa.ab.ca).

You can also visit our website at [www.albertachiro.com](http://www.albertachiro.com) for more information.

