



COVID-19 is an emerging, rapidly evolving situation.



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Get the latest research information from NIH: <https://www.nih.gov/coronavirus>

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URL of this page: <https://medlineplus.gov/chiropractic.html>

Chiropractic


Chiropractic is a health care profession. Chiropractors perform adjustments (manipulations) to the spine or other parts of the body. The goal is to correct alignment problems, ease pain, and support the body's natural ability to heal itself. They may also use other treatments including

- Heat and ice
- Electrical stimulation
- Relaxation techniques
- Rehabilitative and general exercise
- Counseling about diet, weight loss, and other lifestyle factors
- Dietary supplements



Many people visit chiropractors for treatment of low back pain [<https://medlineplus.gov/backpain.html>] , neck pain, and headaches [<https://medlineplus.gov/headache.html>] .

NIH: National Center for Complementary and Integrative Health


Start Here

- Chiropractic Adjustment [<https://www.mayoclinic.org/tests-procedures/chiropractic-adjustment/about/pac-20393513?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es-es/tests-procedures/chiropractic-adjustment/about/pac-20393513?p=1>]
- Chiropractic: In Depth [<https://www.nccih.nih.gov/health/chiropractic-in-depth>]
 (National Center for Complementary and Integrative Health)
- What Is Chiropractic? [<https://handsdownbetter.org/about-chiropractic/>] (American Chiropractic Association)

Related Issues

- 6 Things to Know When Selecting a Complementary Health Practitioner [<https://www.nccih.nih.gov/health/tips/things-to-know-when-selecting-a-complementary-health-practitioner>]  (National Center for Complementary and Integrative Health)
Also in Spanish [<https://www.nccih.nih.gov/health/tips/consejos-a-la-hora-de-hablar-seis-aspectos-que-debe-conocer-al-elegir-un-profesional-de-medicina-complementaria>]
- Chiropractors [<https://stats.bls.gov/ooh/Healthcare/Chiropractors.htm>] (Bureau of Labor Statistics)
- Credentialing, Licensing, and Education [<https://www.nccih.nih.gov/health/credentialing-licensing-and-education>]
 (National Center for Complementary and Integrative Health)
- Frequently Asked Questions about Chiropractic [<https://www.acatoday.org/News-Publications/Newsroom/Chiropractic-Frequently-Asked-Questions>] (American Chiropractic Association)
- History of Chiropractic Care [<https://www.acatoday.org/About/History-of-Chiropractic>] (American Chiropractic Association)


Specifics

- Spinal Manipulation: What You Need To Know [<https://www.nccih.nih.gov/health/spinal-manipulation-what-you-need-to-know>]  (National Center for Complementary and Integrative Health)
- Tips to Maintain Good Posture [<https://acatoday.org/content/posture-power-how-to-correct-your-body-alignment>] (American Chiropractic Association)

Statistics and Research

- American Adults' and Children's Use of Yoga, Meditation, and Chiropractors: National Health Interview Survey 2017 [<https://www.nccih.nih.gov/research/statistics/nhis/2017>] (National Center for Complementary and Integrative Health)
- Back Pain Facts and Statistics [<https://www.acatoday.org/Patients/What-is-Chiropractic/Back-Pain-Facts-and-Statistics>] (American Chiropractic Association)

Clinical Trials

- ClinicalTrials.gov: Chiropractic Therapy [<https://clinicaltrials.gov/search/open/intervention=chiropractic>]  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Integrating a Multidisciplinary Pain Team and Chiropractic Care in a Community... [<https://www.ncbi.nlm.nih.gov/pubmed/32909504>]
- Article: Guidance concerning chiropractic practice in response to COVID-19 in the U.S.:... [<https://www.ncbi.nlm.nih.gov/pubmed/32631385>]
- Article: The use of internet analytics by a Canadian provincial chiropractic regulator... [<https://www.ncbi.nlm.nih.gov/pubmed/32393394>]
- Chiropractic -- see more articles [[https://pubmed.ncbi.nlm.nih.gov/?term=\(chiropractic\[mh\]+OR+manipulation,chiropractic\[mh\]\)+AND+english\[la\]+AND+humans\[mh\]+NOT+\(letter\[pt\]+OR+editorial\[pt\]+OR+case+reports\[pt\]\)+AND+%22last+1+Year%22\[edat\]](https://pubmed.ncbi.nlm.nih.gov/?term=(chiropractic[mh]+OR+manipulation,chiropractic[mh])+AND+english[la]+AND+humans[mh]+NOT+(letter[pt]+OR+editorial[pt]+OR+case+reports[pt])+AND+%22last+1+Year%22[edat])]

Find an Expert

- National Center for Complementary and Integrative Health [<https://www.nccih.nih.gov/>] 

Patient Handouts

- Chiropractic care for back pain [<https://medlineplus.gov/ency/patientinstructions/000416.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000416.htm>]



MEDICAL ENCYCLOPEDIA

Chiropractic care for back pain [<https://medlineplus.gov/ency/patientinstructions/000416.htm>]

Related Health Topics

Back Pain [<https://medlineplus.gov/backpain.html>]

Complementary and Integrative Medicine [<https://medlineplus.gov/complementaryandintegrativemedicine.html>]

National Institutes of Health

The primary NIH organization for research on *Chiropractic* is the National Center for Complementary and Integrative Health [<https://nccih.nih.gov/>]

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