

Chiropractor- Long Beach- California

Who is a chiropractor?

A chiropractor is a healthcare professional who provides care to the neuromusculoskeletal system of their patients. They are the primary contact practitioners who use their hands to identify and treat conditions related to the spine, back, muscles, bones, and joints.

Chiropractors work on improving the neuromusculoskeletal ability of their patients, using preventive and conservative care such as making spinal adjustments and joint realignments. Chiropractic practices non-invasive procedures and relies on the body's ability to heal itself.

Chiropractic diagnostic procedure

Chiropractor uses a number of different methods to examine their patients. This includes physical examination using hands, medical history review, diagnostic imaging such as x-rays or MRIs, and other suitable techniques.

Pain management using chiropractic

Chiropractic focuses primarily on pain management. To manage and relieve pain, chiropractors use a number of different treatment options, such as the following:

- Diet regulation
- Rehabilitative exercises
- Lifestyle changes, such as managing/losing weight
- Use of supports, such as braces and shoe inserts
- Massage therapies and stimulations

When to see a chiropractor

You may visit a chiropractor if you experience pain in your joints, back, or muscles owing to which you are not able to perform your everyday tasks to the best of your capability.

Patients usually visit a chiropractor when they have the following conditions:

- Pain in the back, neck, and muscles
- Headache
- Stretching or tearing of muscles
- Sports-related injuries
- Ensuring overall well-being
- Boosting immunity

What are chiropractic adjustments and spinal manipulation?

Chiropractors employ non-invasive techniques to alleviate pain. They make use of chiropractic adjustments to address joint restrictions or misalignments in the spine and other parts of the body. The

aim is to diminish inflammation and enhance the function of both the affected joint and the overall nervous system.

Chiropractors primarily utilize spinal manipulation as their main therapeutic technique, employing manual techniques or specialized instruments to apply controlled force to the spinal joint of their patients. This manipulation aims to realign the joint by moving it in a precise direction, promoting improved alignment and functionality.

The underlying principle suggests that by achieving optimal alignment of the body's musculoskeletal structure, especially the spine, it can facilitate the body's natural healing process, thus eliminating the need for surgical intervention or medication.

Educational qualifications and training of a chiropractor

The first educational requirement to become a chiropractor is obtaining a Doctor of Chiropractic degree. Aspiring chiropractors must earn a Doctor of Chiropractic degree, which is usually a four-year program. To enroll for this degree they must have completed three years of undergraduate study. Post the degree program, aspiring chiropractors should also complete their clinical internship.

To practice in their jurisdiction, chiropractors must pass the National Board of Chiropractic Examiners exam and obtain a license.

Chiropractic programs and institutions in the United States receive accreditation from the Council on Chiropractic Education (CCE).

Statistics on chiropractic visits in California

Every year, an estimated of 35 million people in the United States visit a chiropractor. Out of this, 1 million chiropractic adjustments are performed every day. The population most likely to visit a chiropractor are women aged between 45 and 64 years. Currently, there are over 70,000 registered chiropractors in the US.

According to the U.S. Bureau of Labor Statistics, there were 53000 chiropractors in 2021. The largest employers of chiropractors were as follows:

- Offices of chiropractors – 64%
- Self-employed workers – 31%
- Offices of physicians – 2%

Sources

- WebMD
- National Board of Chiropractic Examiners (NBCE)
- Palmer College