



Chiropractic

The use of chiropractic services and products is directly linked to injury prevention, pain reduction and the enhancement of physical fitness. Service members with musculoskeletal system and nervous system disorders can utilize these services to aid in a speedy recovery. Chiropractic can be complimentary to traditional medicine. This service assesses the impact of injury to muscle, joint, back, headaches and neck pain. Many times after injury people will feel tightness, stiffness and weakness in their muscles. Chiropractic procedures are drug free and non invasive therapies that focus on the manipulation of areas with pain, and can be an essential tool to help people return to their pre-injury health. The objective is to correct alignment; improve function, encourage the body to heal itself and eliminate pain. Over 31 million Americans suffer from lower back pain, many of which seek chiropractic services to assist in their recovery. An estimated 50 billion dollars is spent each year on back related cost, working with your primary care provider and exploring the use of chiropractic products can be beneficial in the pain reduction process, injury prevention and improvement of physical activities.



Resources

American Chiropractic Association

http://www.acatoday.org/level2_css.cfm?T1ID=13&T2ID=61

Naval Health Center Cherry Point

<http://www.med.navy.mil/sites/cpoint/HP/Pages/ChiropracticClinic.aspx>

Naval Medical Center San Diego

<http://www.med.navy.mil/sites/nmcscd/Pages/Did%20You%20Know/dyk-201011.aspx>



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE



Naval Hospital Bremerton

<http://www.med.navy.mil/sites/nhbrem/Pages/default.aspx>

American Chiropractic Association

http://www.acatoday.org/content_css.cfm?CID=2205

National Center for Complimentary and Alternative Medicine

<http://nccam.nih.gov/health/chiropractic/>

Samueli Institute Scientific Research and Integrative Medicine

<http://www.siib.org/research/research-home/integrative-medicine.html>