

# Chiropractic Care

## Integrated and Complementary Medicine



### What is Chiropractic Care?

Chiropractic is a type of medical care that centers on proper function of the neuromusculoskeletal system in the body, which provides form, support, stability, and movement to the body. In recent years, there has been increasing use and acceptance of chiropractic care as part of a comprehensive treatment regimen. According to a study by the Centers for Disease Control and Prevention (CDC), approximately 12 percent of Americans used chiropractic or osteopathic manipulation in 2012.<sup>1</sup>

Chiropractic care uses physical manipulations to restore proper alignment of the body, primarily the spine. The physical manipulations are usually “adjustments” that involve a controlled rapid force to the body or joint mobilization. A chiropractor may also use other techniques including electrical stimulation, heat or ice, or relaxation techniques. While each state regulates chiropractic care, chiropractors complete formal education and are formally licensed by the National Board of Chiropractic Examiners.

### Why is it used?

Most people seek chiropractic care for pain management, specifically for back and neck pain. It may be also used to treat headaches and extremity issues in the hands or feet.

### Benefits

For those who are unable to find relief from traditional medicine for conditions like back and neck pain and headaches, they may seek chiropractic care. In recent years, chiropractic care has been gaining additional credibility as scientific studies show that some patients with back pain see benefits from spinal manipulation. According to a 2010 study that collected and reviewed scientific evidence, chiropractic care is also an effective treatment for headaches, neck pain, lower extremity conditions, and disorders associated with whiplash.<sup>2</sup>

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### Availability

Chiropractic care is available to active duty service members at specific military hospitals and clinics through TRICARE's Chiropractic Health Care Program. Check with your provider about possible options for seeking this treatment. More information on availability and program eligibility can be found at: [www.tricare.mil/Plans/SpecialPrograms/ChiroCare.aspx](http://www.tricare.mil/Plans/SpecialPrograms/ChiroCare.aspx).

### How can I learn more?

- [National Center for Complementary and Alternative Medicine](#)
- [Spinal Manipulation for Low-Back Pain](#)

### References

1. Peregoy JA, Clarke TC, Jones LJ, et al. Regional variation in use of complementary health approaches by U.S. adults. NCHS data brief, no 146. National Center for Health Statistics. <http://www.cdc.gov/nchs/data/databriefs/db146.pdf>. Published April 2014. Accessed June 2014.
2. Bronfort G, Haas M, Evans R, et al. Effectiveness of manual therapies: the UK evidence report. *Chiropr Osteopath*. 2010;18(3):1–33.