

## What is chiropractic?

Chiropractic is a health discipline that focuses on improving health problems related to the spine and musculoskeletal structures by the use of manual adjustive (manipulative) techniques.

### ***The Spine***

The spine can be divided into sections—the cervical, thoracic and lumbar spines. Each of these sections is made up of bones called vertebrae. Below the lumbar spine is the sacrum which joins the pelvis.

Between each vertebra is a disc that cushions the spinal column. The spinal column is flexible but also strong as it houses and protects the spinal cord. The spinal cord is continuous with and carries messages to and from the brain.

Nerves exit the spine between each vertebral segment. They branch out and carry information to every part of the body including blood vessels, internal organs, muscles and ligaments.

The spine is important to Chiropractors because of its important role in the body. A misalignment or restriction in movement of a vertebra may cause irritation to nerves which in turn affect the parts of the body supplied by that nerve. Chiropractors aim to correct misalignment and reduce nerve irritation to improve body function.

### ***Chiropractors***

A Chiropractor must study at university for at least 5 years full-time. Subjects studied include anatomy, physiology, pathology, neurology, biomechanics, radiology & radiography and spinal adjusting techniques.

In a consultation, the Chiropractor will work to diagnose health problems by taking a full medical history and completing a physical examination. This may involve watching the patient's standing posture, movement and assessing spinal alignment and range of motion.

Chiropractors correct misalignments and improve the body's biomechanical movement by use of techniques that include manual manipulation as well as low force techniques and/or use of specialised equipment.

Chiropractic includes a wide range of specialities that meet the health needs of different people such as babies and children, sports people, pregnant women, injured workers and senior citizens.

### **What is Remedial Massage?**

A combination of deep tissue techniques, acupressure and trigger point therapy to promote circulation, break up adhesions, remove waste products, relax and lengthen muscles, tendons and ligaments. Remedial massage is ideal for physically active people, athletes, and for those suffering from muscular pain, discomfort, injuries and structural problems.