

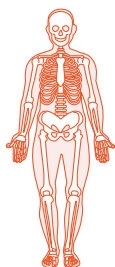
CHIROPRACTIC FACTSHEET

What is Chiropractic?

Chiropractic is an allied healthcare profession that involves the assessment, diagnosis, treatment and management of **musculoskeletal** conditions.

Musculoskeletal System

Including bones, joints, muscles & ligaments, the musculoskeletal system (MSK) provides the human body with stability, support and movement.



Regulation



Chiropractic is one of the 15 AHPRA regulated health care professions in Australia, along with other professions such as medicine, dentistry and nursing

Education



Chiropractors are required to complete a recognised university course at one of the four courses offered in Australia, which takes a minimum of five years to complete.

What Chiropractors Do

Chiropractors use a range of "hands-on" methods to relieve pain, loosen muscles, and extend range of motion in joints



Soft Tissue Techniques



Stretching & Mobilisation



Manipulation / Adjustments

In addition to manual therapy techniques, your chiropractic treatment plan may also include 'hands-off' forms of clinical care.



Activity and Lifestyle Advice



Information About Your Condition/s



Exercise Recommendations

Common reasons that people visit a Chiropractor



Back Pain



Headache



Neck Pain



Nerve Entrapment



Work & Sports Injuries



Strains and Sprains

80% of people will experience back pain in their lives, and back pain has now become the leading cause of disability in the world.

SAFE

EFFECTIVE

ACCESSIBLE

Benefits of Chiropractic

As a non-invasive and non-drug healthcare option, Chiropractic is the first choice for many Australians seeking low-risk pain relief, as well as improved mobility and physical function.



An extensive (and growing) body of research evidence shows that Chiropractic treatment can help with many musculoskeletal conditions and complaints, particularly for low back pain.



Chiropractors are considered Primary Care Practitioners in Australia. This means that you do not need a referral from a GP or other healthcare professional to consult or visit a chiropractor.

