

Is chiropractic safe?



CHIROPRACTIC is WIDELY RECOGNISED as a SAFE and EFFECTIVE, NATURAL APPROACH to SPINAL HEALTHCARE

Chiropractic - the largest non-surgical, non-drug prescribing, primary contact health profession in the world. A natural approach to health, chiropractic focuses on the relationship between the spine and the nervous system.

The primary focus of chiropractic is the location, correction and prevention of impairments to the nervous system. Chiropractic has an excellent safety record and avoids drugs and invasive procedures.

In relation to the treatment of neck and back pain, studies have shown that a course of chiropractic care was 250 times safer than a course of anti-inflammatory drugs.*

Although chiropractic care has an excellent safety record, no health treatment is completely free of potential adverse effects. The risks associated with chiropractic, however, are extremely small. To put things into perspective, you have a greater chance of being injured in a car accident than from chiropractic care**.

Chiropractors are highly qualified and trained professionals who study full time at university for a minimum of five years. Each week, there are approximately 200,000 visits to Australian chiropractors for a broad range of reasons.

Chiropractors are the superiorly placed spinal health experts with medical equivalence in basic sciences.

Discover for yourself why **there's so much more to chiropractic.**

Chiropractic can have a positive effect on a broad range of health issues including:

- Back pain
- Neck pain
- Headaches
- Sports injury

healthy spine, healthier life



Chiropractors' Association of Australia

www.chiropractors.asn.au

* Dabbs, V., & Lauretti, W.J. (1995). A Risk Assessment of Cervical Manipulation vs NSAIDS for the Treatment of Neck Pain. *Journal of Manipulative and Physiological Therapeutics*, 18 (8), 530-536.

** Dinman BD. The reality and acceptance of risk. *Journal of the American Medical Association* 1980; 233(11): 1226-1228.