



What Exactly Does A Chiropractor Do?

Getting a chiropractic adjustment is a great way to reduce your pain and improve your overall body function. This is because chiropractors are trained to help restore the normal alignment of your bones and joints, which will help with a variety of health conditions.

The first thing that a chiropractor will do during your consultation is take a detailed medical history and examine you. This will help them to find out what is causing you pain and discomfort. They will also use palpation, which is when they touch parts of your body to see if there are any tight or misaligned areas. They may also use advanced imaging tests like X-rays or MRI to further evaluate your condition.

Once your doctor has a clear picture of what is causing you pain, they will develop a treatment plan that is unique to you and your injuries. This will include adjustments, soft-tissue therapy,





exercises and stretches, joint bracing and taping (Kinesio taping), referrals to integrative medicine experts, and even nutritional advice.

In addition to treating back and neck pain, chiropractors can treat many other types of health conditions. For example, they can help with headaches, shoulder stiffness, digestive issues and numbness or tingling. They can even help you manage stress and anxiety. So, if you are experiencing symptoms such as fatigue, lack of energy, digestive problems or stress and anxiety, it might be time to book an appointment with a qualified chiropractor.

Founded in 1895, chiropractic was created by D.D. Palmer who had a hunch that the spinal cord's function and health were linked to overall health. He believed that by manipulating the spine, he could increase blood flow and nerve conductivity. This would then enable the body to heal itself without medication.

When you see a chiropractor, they will first begin with an assessment to determine if chiropractic care is right for you. During this session, they will discuss your past medical history and current symptoms. If they decide that you require a spinal manipulation, the procedure will involve them putting pressure on specific joints and pushing them out of their natural range of motion. You might hear cracking or popping sounds as this is occurring. These sounds are the result of pressure being released in the joint and are called cavitations.

The majority of people that visit a chiropractor will be treated for lower back pain. This is because spinal manipulation has been shown to provide pain relief for some people with low back pain. This is especially true for people who have had a lumbar herniated disc, which can be one of the most painful symptoms of back pain.

Chiropractors can also help with pain in the hips, ankles, knees and wrists. Often, these





conditions are the result of poor posture or misalignment in the body. They can also help with sacroiliac (SI) joint problems, which cause a different type of back pain in the buttock and the back of your thigh. Chiropractors can do this by performing SI joint manipulations and providing core-strengthening exercises to prevent future SI joint problems.

RELEVANT KEYWORDS

The list of keywords we used to create this document :

What Exactly Does A Chiropractor Do?





RECOMMENDED RESOURCES

The list of resources and links we recommend you visit :

[What Exactly Does A Chiropractor Do?](#)

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[Calendar - Chiropractor in Duluth - Event](#)

[Sheet1](#)

[Keywords](#)

[Content](#)

[Calendar Events](#)

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[Content](#)

[Calendar Events](#)





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Visit our Website here :

<https://sites.google.com/view/chiropractor-in-duluth>





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