

# INFORMATION FROM YOUR CHIROPRACTOR

IF YOU ARE SEEING A CHIROPRACTOR,  
**WE ENCOURAGE YOU TO READ THIS MESSAGE.**

## **CHIROPRACTIC :** A KEY MANUAL THERAPY

**Recognised in France by the Ministry of Health**, and internationally by the World Health Organization, chiropractic provides a natural response to several million individuals with musculoskeletal disorders (pain, loss of mobility, etc.).

**A baseline manual therapy** for back and joint care, chiropractic aims to detect, treat and prevent skeletal dysfunction and its consequences, particularly in the spine and limbs.

**Chiropractic is based on a holistic view of the way the human body works**, and of the relationships that exist between the spine, the nervous system and certain health disorders (joint pain, pain in an arm or leg, headaches, some visceral problems, etc.).

## **THE CHIROPRACTOR :** A TRAINED AND RECOGNISED PROFESSIONAL

**Chiropractor training** is among the most demanding in the field of health. French law requires around 5,000 hours of training over 5 years. Future chiropractors have placements in hospital settings (rheumatology, neurology, imaging, surgery, etc.). Once they are qualified, chiropractors register with the regional health authority.

## **CHIROPRACTIC :** SAFE, EFFECTIVE TECHNIQUES

**Chiropractors primarily carry out chiropractic adjustments.** Manipulation is a single, short, sharp manoeuvre performed on a joint. A controlled “force” is applied, to push the joint beyond its normal range of movement while remaining within anatomical limits.

**Chiropractors are also likely to use mobilisation techniques on joints or tissue.** These consist of repeated, progressive, elastic movements which can be combined with various manual techniques for contracting, relaxing and stretching the muscles. Chiropractors may also use instruments to carry out their treatments.

**Chiropractic treatment aims to relieve pain and regain mobility**, and also to restore the body’s ability to adapt to the stresses of everyday life, by stimulating its neuromusculoskeletal functions. This is why your chiropractor treats you in a holistic way, looking beyond the area suffering pain. For example, if you see your chiropractor for an ankle sprain, they will look at your knees, hips and pelvis, as well as your lumbar, dorsal and cervical vertebrae, if necessary.

## CHIROPRACTIC : A BENEFIT/RISK RATIO THAT IS POSITIVELY RATED

**Chiropractic** is internationally recognised for the safety of the treatments provided by qualified chiropractors. It is one of the most effective non-invasive treatments for resolving neuromusculoskeletal pain.

Nevertheless, **every act in the treatment** carries a risk, which the professional is trained to assess in order to minimise both its severity and its frequency. The likelihood of an adverse event is one of the elements chiropractors take into account when assessing the appropriateness of a technique: they compare the risk to the expected health benefit for the patient.

**Treatment with spinal or joint manipulation** may result in mild discomfort such as generalised or local pain lasting from a few hours to three days, stiffness, temporary discomfort in the area treated, acute fatigue, or symptoms such as swelling or bruising.

**The moderate risks** reported include aggravation of the injury with pain that is difficult to tolerate, a fracture to a rib or vertebra, complicated sciatica, or cervical-brachial neuralgia (with or without damage to a nerve).

**According to some medical publications**, some cases of stroke can be linked to cervical spine manipulation. Other publications say that there is no link. This risk is reported as very rare, of the order of 8 cases per million. Nevertheless, no causal link has ever been established with certainty in the literature, and it is likely that in the majority of reported cases the stroke was already in progress before the session and caused the symptoms for which the consultation was sought.

**For this reason**, your chiropractor may direct you to your GP or a radiologist for an examination prior to any manipulation of the cervical spine.

The risk of cauda equina syndrome resulting in disorders or paralysis of the sphincter (very rare), paralysis of one or both legs and a risk of spinal cord compression myelopathy (extremely rare) **should also be mentioned**.

**The chiropractor will tailor the treatment according to the reason for consultation and the patient's known condition.** Therefore it is important not to omit any detail of your medical history and your medications (contraception, anti-coagulants, chemotherapy, etc.). You should also report your consumption of tobacco, alcohol, narcotics, etc.

**Your chiropractor is a trusted professional.** They are bound by medical secrecy. Do not hesitate to ask questions and express your reservations and concerns before you begin a chiropractic treatment.

After the session, **if you have any doubts or concerns about the post-treatment effects, please contact your chiropractor. If they are unavailable, contact your GP or the emergency services (in France, dial 15 or 18).**