

Chiropractic is **SAFE, EFFECTIVE, AFFORDABLE** care.

A
chiropractor
is ...



a doctor who specializes in spinal health and well-being.

They focus on the **BONES**, **NERVES** and **MUSCLES** of the body. They use adjustments to restore function, support the nervous system and improve well-being.

An
adjustment
is ...



a very safe, specific, controlled force applied to a joint to restore **PROPER FUNCTION AND ALIGNMENT**. Chiropractic adjustments reduce pain, increase movement and improve performance.

Chiropractic care costs ...

the same as, or less than, other types of health care. The national median out-of-pocket cost for a **CHIROPRACTIC APPOINTMENT IS \$35**. Your cost may be less if you have insurance or more if you do not.



Chiropractors collaborate ...

with your other doctors.

Chiropractors strive to improve your health **WITHOUT DRUGS OR SURGERY**.



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Americans' Views of Prescription Pain Medication and Chiropractic Care
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