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**.