The history of chiropractic goes hand in hand with the history of its founding school, Palmer College of Chiropractic. Although restoring spinal health has been in existence for thousands of years, the first chiropractic adjustment started when D.D. Palmer believed he could help people by correcting spinal misalignments and restoring proper function to the nervous system, helping the body to heal naturally.

2700 B.C. Writings from China and Greece mention spinal manipulation and describe maneuvering the legs to ease low-back pain.

1500 B.C. 1895 Dr. D. Palmer performs the first chiropractic adjustments in Davenport, Iowa, restoring one man’s hearing and relieving another person of heart trouble.

1895 1897 Palmer’s school graduates its 15th chiropractor. Dr. B.J. Palmer buys the school from his father, D.D., and proceeds to expand the field of chiropractic.

1897 1902 Arkansas and North Dakota become the first states to issue chiropractic licenses to chiropractic school graduates.

1902 1906 Palmer’s school graduates its 15th chiropractor. D.D. Palmer opens the Palmer School and Cure to teach his techniques to others.

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1922 1961 Palmer opens a new campus in California, eventually moving it to its current location in San Jose.

1961 1973 The College establishes its own research center, the Palmer Center for Chiropractic Research, which has become the largest and most highly funded chiropractic research effort.


1976 1980 First NIH funded grant for chiropractic research.

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1987 1995 A government study reveals that more than 40 million people have received chiropractic care and exhibit a rising interest in alternative medicine.

1995 1999 First DoD/VA grant for chiropractic research.

1999 2004 American College of Physicians and American Pain Society jointly recommend that clinicians consider chiropractic for patients who do not improve with self-care options.

2004 2011 The College establishes its own research center, the Palmer Center for Chiropractic Research, which has become the largest and most highly funded chiropractic research effort.

2011 2015 First Gallup-Palmer research report on Americans’ Perceptions of Chiropractic care conducted.


2015 2015 First NIH funded grant for chiropractic research.

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