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.**