

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

*A Doctor of
Chiropractic
is ...*



a primary care doctor who specialize in **SPINAL HEALTH** and **WELL-BEING**, maximizing patient function through conservative care. They use adjustments to restore joint function and support the nervous system.

*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**.



PALMER
College of Chiropractic

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Americans' Views of Prescription Pain Medication and Chiropractic Care
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