

What's The "DOCTOR" Difference?

Chiropractor, Osteopath, Physical Therapist, etc.???

There is some confusion about Chiropractors, Osteopaths, Physical Therapists, self manipulation and other "manual medicine". There is a difference at the core reason for what the provider does. What is the intent of the procedure? What is hoped to be accomplished?

Chiropractor:

Chiropractic is the only profession with the intent to specifically adjust subluxations which then removes interference to the nervous system. These adjustments allow the innate intelligence of the body to control the body without interference, thereby allowing the body to heal itself wherever that needs to occur. Adjustments usually provide pain relief and symptoms disappear or improve. Pain and other symptoms are the side effect to having interference to the nervous system. For many Chiropractors, the goal is not reached when the pain is gone.

Osteopath:

Osteopaths use "manipulation", a general application of force, to "mobilize" joints for pain relief only. As practiced today, many osteopathic doctors practice allopathic medicine. That is, they diagnose and prescribe medicine to relieve symptoms without using any manipulation at all.

Some Chiropractors, in their technique and intent are no different than an Osteopath. Perhaps the biggest difference being that they cannot prescribe medications.

Physical Therapists:

Physical therapy employs stretches, exercises, ultrasound and other modalities to help relieve pain and symptoms from the patient. Some "PT's" take manipulation courses. Physical therapy manipulation is also used to treat pain and to increase range of motion.

Some Chiropractors use some of the physiotherapy modalities for the same purpose as the Physical Therapist. Also, because of the general nature of how some Chiropractors "adjust" it really is no different than the Physical Therapist or Osteopathic "manipulation".

Self Manipulation:

People often say, "I don't need a Chiropractor. I adjust myself!" Ok, but define what you mean. Is the definition of an "adjustment" the "cracking" sound? The cracking sound is not an adjustment and if it is the basis for any evaluation by any profession it is wrong.

Associated with a subluxation is a fixation where the normal joint motion is lost. It is "stuck" so to speak. If you "crack your own back" you often effect the joints above and below the fixation and get them to move and "crack". This is often the illusion of having done something. "Cracking your own back" won't eliminate the subluxation and can cause undue stress on the joints. This, over time makes the problem worse.

Some Chiropractors are no better than this. They "crack the back" at random and, yes, they could cause problems over time. It is vital for your health to stop "cracking your back" and get a specific evaluation for the problem.

Manual Medicine:

This incorporates many fields that use hands-on techniques to remove symptoms. Often Chiropractic is lumped into this title. Some Chiropractic approaches to the body cause this to be an accurate label. That is, they are striving to relieve symptoms without the use of drugs. However, for many Chiropractors this is inaccurate. They do not practice medicine at all. Many Chiropractors recognize that opening nerve channels to restore normal function is not medicine because it does not consider removal of symptoms as a cure as medicine does. The concern with many Chiropractors is allowing the body to work the best possible without subluxations, trusting the fact that the body will heal itself. That approach is not medicine.

THE BOTTOM LINE...Medicine is not a substitute for chiropractic, chiropractic is not a substitute for medicine. Chiropractic is not physical therapy and an Osteopath and a Chiropractor are not the same thing.

Every profession has something to offer and should be recognized for what it uniquely brings to the world. You will have to evaluate for yourself what you want and the REASON for your decision.