

Chiropractic



What is chiropractic?

Chiropractic is a system of therapy emphasizing the diagnosis, treatment and prevention of disorders affecting the musculoskeletal system muscles, joints, bones and connective tissues. Treatment is given through the manipulation and mobilization of the spinal column and other body structures.

Four things you should know about chiropractic:

- 1 Chiropractic was started by DD Palmer and has been practiced for more than 100 years.** After years of battling rejection from mainstream medicine, chiropractic has gained greater acceptance—from physicians, patients and insurance companies—and is the nation's third-largest independent health profession.
- 2 To practice, chiropractors are held to strict standards of education, testing and licensing.** Chiropractors must complete an accredited four-year postgraduate program to receive their Doctor of Chiropractic degree. To obtain a license to practice, they must pass four separate national exams and meet the requirements of the state in which they intend to practice.
- 3 Chiropractic is generally safe.** Complications are uncommon, but could include strains, sprains or fractures. Although very rare, it is possible for a stroke to occur following the manipulation of the spine in the neck region.
- 4 Chiropractic is best used as a treatment for musculoskeletal issues.** Although chiropractic is widely practiced, philosophies and styles can differ between chiropractors. Our chiropractors complement in-office treatments by teaching each patient stretching and strengthening exercises to use at home. With this approach, we ensure you won't have to rely on long-term therapy. X-rays are used when necessary, but their repeated use for routine follow-up is not recommended.



What happens during your appointment.

Before your appointment.

We recommend that you wear loose, comfortable clothing for your appointment. For your safety, please tell your chiropractor if you have a history of bone fractures, joint dislocations, arthritis, osteoporosis, tumors or cancer. It is also important for your chiropractor to know if you have a pacemaker, are pregnant or are taking a blood thinner before any treatment is performed.

During your appointment.

To evaluate your condition, your chiropractor will begin your appointment by completing your medical history and a physical exam. Your chiropractor may also perform neurological and orthopedic tests. Typical chiropractic treatment consists of assisted stretching and soft-tissue massage as well as mobilization and manipulation of the spine. Depending on your condition, your chiropractor may also recommend other therapies such as therapeutic massage, acupuncture or physical therapy. While your body adjusts to changes made during treatment, it is normal to experience minor soreness, stiffness or tiredness for a few days after therapy.

How many treatments will you need?

Every chiropractic plan at the Integrative Medicine Center is specially designed for the individual. You and your chiropractor will go over your program and set personal goals. A typical course of treatment involves three to six 30-minute sessions and is complete once your goals have been reached.

Conditions helped:

- Back pain
- Carpal tunnel syndrome
- Fibromyalgia
- Frozen shoulder
- Headaches
- Neck pain
- Sciatica
- Spinal disc problems
- Sports injuries
- Tennis elbow

Schedule your appointment.

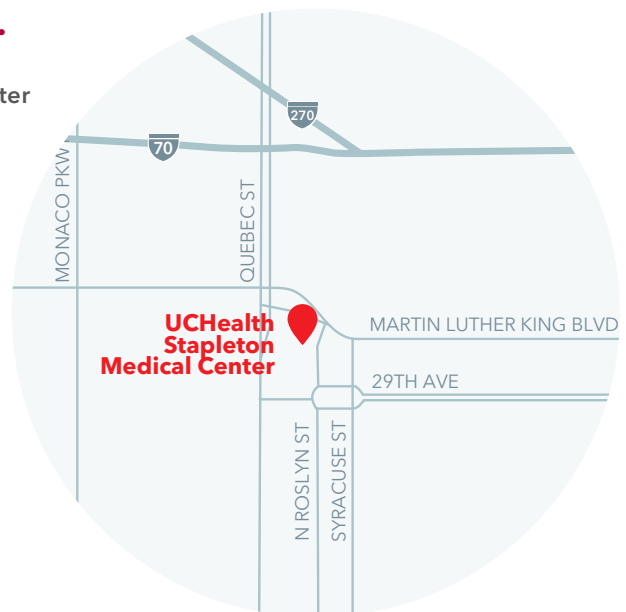
If you would like to schedule a chiropractic appointment, please call the Integrative Medicine Center at 720.553.2750. Appointments can be made Monday through Friday, 8 a.m.–4:30 p.m., with limited evening spaces also available.

How much does it cost?

The cost of chiropractic therapy varies depending on the type and the length of each visit. Many insurance companies cover chiropractic, so please contact your provider. If you are covered, your rate will vary based on your coverage.

Contact information.

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By making this information available, UCHealth and the Integrative Medicine Center do not promise or guarantee the effectiveness of this integrative therapy. For any serious conditions, we recommend that you contact your physician before trying any new therapy.

Learn more at uchealth.org

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