

Myth: I can crack my back on my own.

Truth: By trying to crack your own back, you may be causing more problems. First of all, it is difficult to achieve. But more importantly, major part of making adjustments is proper positioning, which is hard to achieve on your own. When you attempt to make an adjustment on your own, any joint that is capable of moving could achieve the "pop" sound associated with a successful adjustment. However, this does not mean you have returned movement to the proper joint. Along with the release of nitrous oxide comes the release of endorphins. Endorphins will give you a brief sense of euphoria, making you believe you have cured your problem. Unfortunately, the pain will likely return approximately 25 minutes later. If you continue to adjust yourself every 20 minutes for relief, then the joints will become hyper mobile and therefore more difficult to maintain stability!

Myth: Chiropractic Care Is Expensive

Truth: Research clearly disproves this myth. Chiropractic care has been consistently shown to be cost effective in a number of government and workers' compensation board studies.

According to The Manga Report, a 1993 Canadian government commissioned study,

"There would be highly significant cost savings if more management of low-back pain was transferred from physicians to chiropractors... Users of chiropractic care have substantially lower health care costs, especially inpatient costs, than those who use medical care only."

According to an economic analysis conducted in Richmond, Virginia,

"By every test of cost and effectiveness, the general weight of evidence shows chiropractic to provide important therapeutic benefits, at economical costs. Additionally, these benefits are achieved with apparently minimal, even negligible, impacts on the costs of health insurance."

When the State of Florida's Workers' Compensation Board conducted research in 1988 on treatment costs associated with injured workers who received care from either chiropractic doctors or medical doctors, they found chiropractic treatment costs were 58.8 percent of the treatments costs rendered by medical doctors (\$558 vs. \$1,100 per case).

For additional information on the cost effectiveness of chiropractic care, see

Myth "Chiropractic Doctors Lack Education Compared With Medical Doctors"

Truth: Upon successful completion of the undergraduate studies, those students who are accepted to a chiropractic college enter a 4-5 year academic program, which is similar in content to medical school. Course work includes an in-depth study of anatomy, physiology, pathology, neurology, radiology, biomechanics, spinal adjustive techniques, including a variety of other health-related areas.

The primary focus of the chiropractic education is to teach the student how to recognize and effectively treat a wide variety of soft tissue disorders in order to reduce pain and discomfort, allow for effective and proper healing, restore normal body biomechanics and improve overall health. In order to treat such conditions, students are taught a number of different techniques and methods including chiropractic spinal adjustive techniques. Through chiropractic spinal adjustments, the students are taught how they can positively influence the body through the nervous system using specific spinal adjustive techniques. An emphasis is also placed on other aspects of health including diet, exercise, nutrition and wellness. Moreover, students receive thorough training aimed at identifying those conditions which are beyond the chiropractor's scope of practice and which require outside medical referral.

During the academic 4-5 year program, students must successfully complete a number of national board examinations which are required for licensure. In addition, students must spend several hundred hours of internship in which they treat patients suffering from true health ailments while under professional supervision. Some schools actually begin introducing and training students to the clinical setting in just their second year of studies. This ensures that the graduating doctors of chiropractic will have all the necessary education, skills and clinical experience to provide exceptionally safe and effective chiropractic health care. More recently, the colleges have additionally employed externship programs in which student interns assist field doctors in their private practices prior to graduation