



### **TIME Article Deems Chiropractors Legitimate for Neck and Back Pain**

According to a recent article published in *TIME*, cervical and lumbar manipulation often administered by doctors of chiropractic (DC) – who are specifically trained to manage disorders of the musculoskeletal system – can provide effective relief from low back and neck pain, as well as certain non-migraine headaches.

Over the years, the chiropractic industry has faced controversy due to:

- Doctors of chiropractic claiming to treat and/or cure non-musculoskeletal conditions
- The idea that spinal manipulation can result in injury, stroke or torn arteries

While there is always some risk involved when managing pain – whether it be surgery, epidural spinal injections, opioid painkillers or chiropractic care, the serious risk of adverse side effects associated with chiropractic care is very low. Generally, chiropractic care is documented to yield high patient satisfaction scores.

Source: <http://time.com/4282617/chiropractor-lower-back-pain/>.