

# InsideChiropractic

Issue 1



A Collaboration of  
and the Foundation for Chiropractic Progress.

## Chiropractic Advocates



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## In this Issue

- Educational Credentials of a Doctor of Chiropractic p.1
- An Insight to Chiropractic Care p.2
- Facts about Chiropractic p.2
- Health Success: Tackling Football Injuries with Chiropractic Care p.2-3
- Positive Press for Chiropractic—Aaron Rodgers p.3-4

### Educational Credentials of a Doctor of Chiropractic

Doctors of Chiropractic (D.C.) like other healthcare providers, complete a specified undergraduate education with emphasis on the life sciences prior to their professional education. The chiropractic curriculum is a four to five year program of study offered through an institution accredited by the Council on Chiropractic Education (CCE). The education and training of a Doctor of Chiropractic involves in-depth instruction in the basic sciences such as anatomy, biochemistry, physiology and pathology. This is followed by coursework in the clinical sciences including diagnosis, imaging and laboratory interpretation. Finally, the student addresses the evaluation, care and management of patients under chiropractic care as well as in the co-management

and referral environments with other providers. At this point the degree candidate is prepared to receive patients on an initial contact, primary care level. A license to practice chiropractic requires the completion of a four-part examination sequence offered by the National Board of Chiropractic Examiners (NBCE) that addresses the spectrum of the education of a Doctor of Chiropractic from spinal anatomy to patient evaluation and care. Following this, the licensure candidate must then complete a state licensing examination presented by their state's Board of Chiropractic Examiners.

**CAN CHIROPRACTIC CARE BENEFIT YOU? LEARN NOW.**

## An Insight to Chiropractic Care

Consumers most commonly associate chiropractic care with low-back problems, neck problems and headache. As the Doctor of Chiropractic is concerned with the structure and function of the spine and neuro-musculoskeletal system in general this is a reasonable association. The form of care most directly related to the practice of chiropractic is manual care of the spine and skeletal system. Doctors of Chiropractic provide approximately 94% of this type of care in the United States. This care may be supported by the use of other physical modalities as well as active rehabilitation and stretching/strengthening procedures.

The process begins with a determination of patient needs, followed by chiropractic care, co-management with other providers or referral. This responsibility requires the Doctor of Chiropractic to appropriately assess a patient, conduct examination procedures and special studies (MRI, CT scans etc.) as needed and ultimately develop a diagnosis or clinical impression upon which to base patient care or appropriate referral. In addition Doctors of Chiropractic take the essential meaning of “doctor” as teacher very seriously, offering advice on exercise, diet, lifestyle and health risk avoidance.

### Facts about Chiropractic

Chiropractic care is among the three primary healthcare professions in the United States and growing each year.

There are approximately 65,000 Doctors of Chiropractic in the



United States and another 20,000 around the world. According to recent surveys, there has been a significant increase in the utilization of chiropractic healthcare by the general population. The growth pattern indicates that the figures will increase substantially in the next decade.

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All 50 states, Puerto Rico, the District of Columbia and the U.S. Virgin Islands have statutes recognizing and regulating the practice of chiropractic as an independent health service.

Licensed chiropractors are entitled by law to use the title “Doctor of Chiropractic,” “D.C.” and/or “Chiropractic Physician.”

Chiropractic healthcare is provided for in such federal programs as Medicare, the Government Employees Hospital Association Benefit Plan and the Postmasters Benefit Plan.

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The professional accrediting agency for chiropractic colleges is the Council on Chiropractic Education (CCE). The CCE is recognized by the U.S. Department of Education and the Council for Higher Education Accreditation (CHEA). It is included in the Department’s list of nationally recognized accrediting agencies and associations.

### Health Success: Tackling Football Injury with Chiropractic Care

Bruising tackles and bone-crushing hits are all too familiar among football players at all levels – from the National Football League (NFL) to Pop Warner youth football. Too frequently, the physical nature of football results in injuries, ranging from head and spine trauma, to bone fractures, to muscle and ligament damage.

“While athletes can never predict how and when injury will oc-

cur, doctors of chiropractic can assist in treating acute and chronic injuries, as well as introducing preventive measures designed to optimize performance and reduce injury risk,” says Dr. Sol Cogan, Detroit Lions Team Chiropractor and President of the Pro Football Chiropractic Society. “Prior to game time, and especially after the game, receiving chiropractic adjustments can enhance flexibility, range of motion, structural alignment and bio-mechanics, ensuring that the athlete’s body will recover quickly and function at its highest possible level.” Every NFL team provides the care of a doctor of chiropractic for its players.

Repeated hits to the body commonly lead to injuries including

## Every NFL team provides the care of a doctor of chiropractic for its players

strains, sprains and stingers, which may result in severe aches and pains and loss of proper function. As preventive care specialists, doctors of chiropractic suggest

football players, of all ages, take the following steps to properly prepare for games:

- Dynamic warm up and stretching before practice and games
- Wear appropriate equipment while making sure all gear fits properly
- Maintain good nutrition to achieve necessary energy levels
- Hydrate to prevent overheating and cramping
- Rest the body before and after activity, using ice for any inflammation
- Discuss all of your symptoms

with coaches, trainers and doctors “Taking a preventive approach with a training routine that includes chiropractic care stacks the deck in the player’s favor—helping athletes recover from injury (or collision induced trauma) by restoring optimal function and reducing the risk of re-injury, and ultimately achieving peak performance on the field,” concludes Cogan.

### Positive Press for Chiropractic – Aaron Rodgers

Football Star Well-Adjusted (NAPS)—Professional athletes often recognize the value of chiropractic care—some, however, really appreciate it. For example, Dr. Ed Rodgers—father of championship Green Bay Packers’ winning quarterback Aaron Rodgers—became a chiropractor after he himself was treated by one when injured playing college football.

“The structure of the human body, especially the spine and its relationship to function, can be impacted by the physical nature of accidents, falls, poor posture and injuries,” says Dr. Rodgers. “That’s why chiropractic care is so valuable for many health problems.”

He points out that every NFL football team and the majority of college and high school athletic programs have a doctor of chiropractic available to treat their players. Athletes from all sports credit chiropractic care for their ability to recover from neck, back and other joint injuries, and play their games at a high level.

To learn more, visit [www.foundation4chiroeducation.com](http://www.foundation4chiroeducation.com).

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Jerry Rice attributes his long-term career success to regular treatments from a Doctor of Chiropractic.

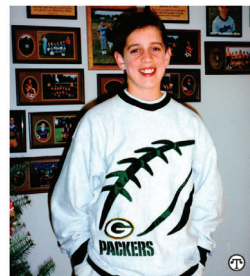


**Sports Medicine**

**Football Star Well-Adjusted**

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Even as a boy, Green Bay Packers' winning quarterback Aaron Rodgers appreciated the natural hands-on methods of chiropractic care.

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To learn more, visit the Foundation for Chiropractic Progress at [www.yes2chiropractic.com](http://www.yes2chiropractic.com).

**Current circulation numbers:**

As of October this release has generated 488 news articles in 23 different states with a readership of 14,653,680.

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