

Your guide to Chiropractic

Almost 80% of people experience back pain at some point in their lives.

Close to one million Albertans choose chiropractic treatment as part of their health care each year.

What is Chiropractic & What do Chiropractors do?

Chiropractic is a health care profession encompassing a range of health care practices that diagnoses, treats and helps prevent disorders and conditions related to the spine, nervous system and musculoskeletal system (including back, neck and head pain).

Like physicians, chiropractors are trained to diagnose as well as treat conditions and disorders. Chiropractors are experts in caring for the spine, nervous system and musculoskeletal system. Chiropractors believe in treating the individual as a whole and focus on how a patient's musculoskeletal and nervous system function in relation to the whole body.

What does chiropractic do for patients?

People who suffer from work accidents, sports injuries, stress and even everyday activities seek chiropractic care for pain relief. Chiropractors work with patients to resolve pain, discomfort and restricted range of motion that can happen when you injure yourself. Once patients are back to feeling better, many continue to see their chiropractor to help prevent further injury.

Chiropractors are also trained to recommend therapeutic and rehabilitative exercises, as well as provide nutritional, dietary, and general health and wellness counseling. Chiropractors will also consult with and refer to other health care providers to serve the best interests of their patients.

What happens during a chiropractic treatment?

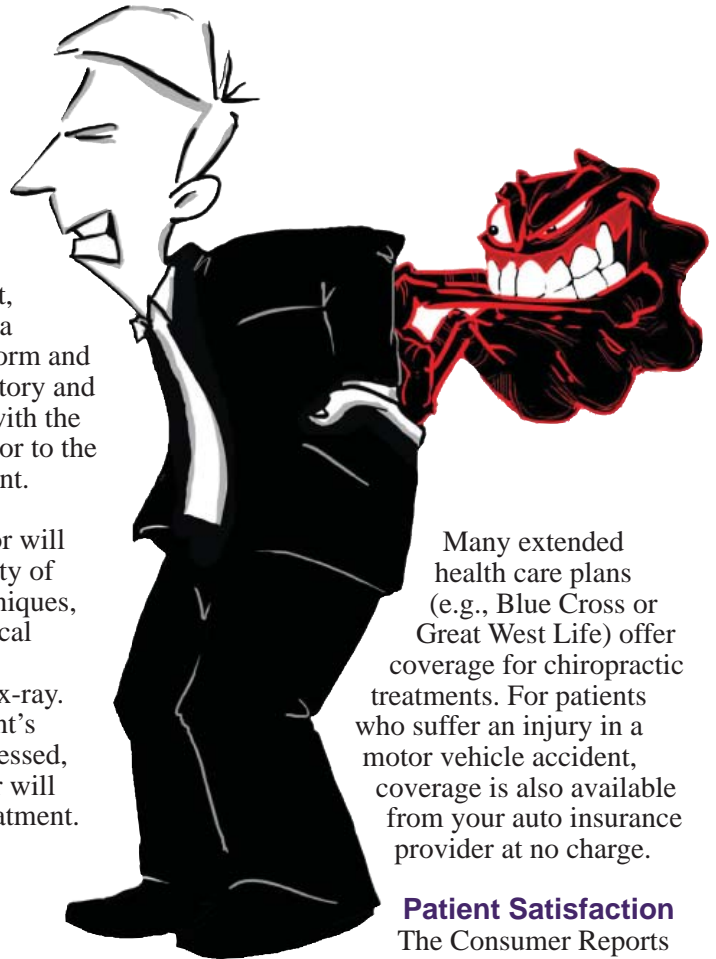
On the first visit, patients fill out a health history form and review their history and current health with the chiropractor prior to the initial assessment.

The chiropractor will then use a variety of diagnostic techniques, including physical examination; ultrasound and x-ray. When the patient's condition is assessed, the chiropractor will recommend treatment.

The primary treatment is a chiropractic adjustment, a gentle, controlled and directed pressure that helps to restore the spine's ability to function and relieve nerve interference. Chiropractors will also use therapies including mobilization, massage, heat, cold and laser as treatment methods; they do not treat patients with drugs or surgery.

What does it cost?

An initial consultation is typically between \$60 and \$100 depending on the extent of the assessment. Treatments after the initial assessment range between \$35 and \$50 per visit. It is entirely appropriate to ask what the fees are when booking a first appointment.



Many extended health care plans (e.g., Blue Cross or Great West Life) offer coverage for chiropractic treatments. For patients who suffer an injury in a motor vehicle accident, coverage is also available from your auto insurance provider at no charge.

Patient Satisfaction

The Consumer Reports Health Ratings Center survey (April 2009) revealed that chiropractic was the most satisfying treatment for back pain. Approximately 80% of adults in the US have had back pain at some point in their lives, which is the same as what Statistics Canada reported of Canadians in 2006. Hands-on treatments were rated as very helpful by lower back pain sufferers and chiropractic received the highest rating.

In 2006, chiropractic services received the highest rating for access and second highest rating for patient satisfaction (Health Quality Council of Alberta survey).



Workers' Compensation

Many chiropractors in Alberta are WCB authorized to treat you if you are injured at work. Chiropractic has proven to be a safe, effective, drug-free, non-invasive health care option, and patients express high degrees of satisfaction in both treatment and results.

In Alberta, chiropractic is consistently one of the best clinical and cost-effective treatments for injured workers, with a 95% patient/treatment satisfaction rating and a lower than average expenditure rate per patient claim.

Becoming a Chiropractor

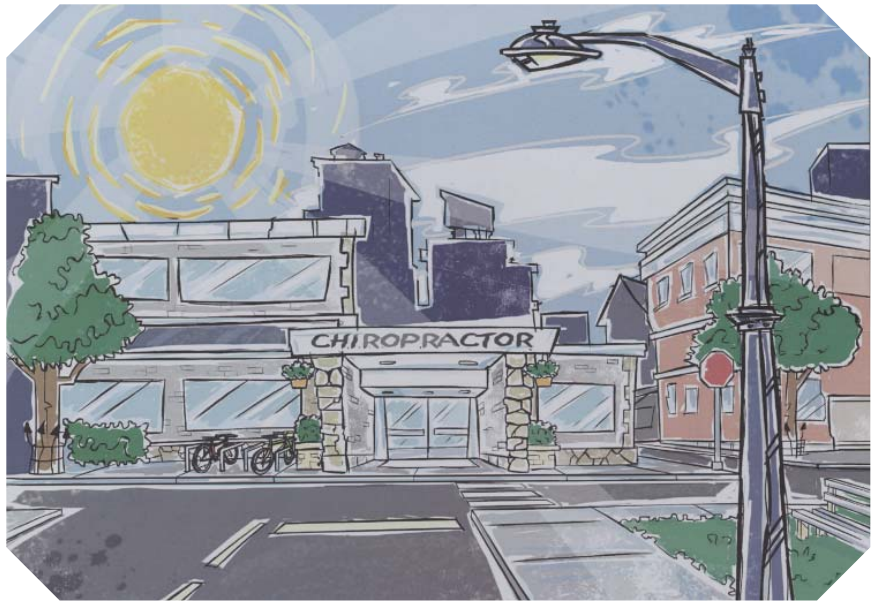
Chiropractic students complete a minimum of seven years of post-secondary education, including a four-year academic program of over 4,500 classroom hours. In addition to classroom hours, students must treat patients in a supervised clinic setting during their last year of education.

Chiropractic in Alberta

Alberta was the first jurisdiction to license chiropractic in Canada. The Health Professions Act (HPA) is the current legislative framework for chiropractic, and under the HPA chiropractic is regulated by the same standards that govern all other regulated health care professions including the medical and nursing professions.

Chiropractors in Alberta

For a chiropractor to practice in Alberta, they must graduate from an accredited chiropractic college and pass stringent national and provincial board examinations.



Chiropractors participate in annual practice reviews and an ongoing competence program to ensure they remain up-to-date with treatment protocols, clinical competency and professional knowledge.

The Alberta College and Association of Chiropractors

In Alberta, the chiropractic profession is represented by the Alberta College and Association of Chiropractors (ACAC). The ACAC is committed to protecting the public, ensuring accountability, and improving Albertans' health and well-being. The ACAC represents the interests of the public and its registered members within Alberta's legislative framework.

The ACAC regulatory college is responsible for protecting public interest, registering practitioners, establishing and enforcing high standards of practice, and ensuring Alberta registered chiropractors provide quality health care.

Association activities are committed to raising awareness about the effectiveness and benefits of chiropractic care, and dedicated

to helping Albertans live healthier lives through public service programs like:

- Straighten Up Alberta: a quick, fun program designed to help improve spinal health by improving posture
- Pack it Light. Wear it Right: a backpack safety program
- Best Foot Forward: a program designed to prevent seniors from falling
- Back Health in the Workplace: an awareness program about the potential for workplace back injuries

Chiropractic Research

Years of scientific research have proven that chiropractic is effective and beneficial to patients. More than 25 years of research about the safety and efficacy of chiropractic treatment demonstrate the effectiveness and safety record for the treatment of back and neck-related conditions.

**For more information,
please visit:**

www.albertachiro.com

