

How safe is chiropractic?



In a word: VERY!

It's a matter of record that chiropractic is well known to be a safe, effective, natural, non-surgical and drug-free approach to spinal health care.

In relation to the treatment of neck and back pain, studies have shown that a course of chiropractic care was 250 times safer than a course of anti-inflammatory drugs.*

Focusing on the relationship between the spine and the nervous system, the aim of chiropractic is to locate, correct and prevent impairments to the nervous system.

Chiropractors are highly qualified health professionals who have completed a 5-year university degree and continue to update their knowledge through further education. Doctors of chiropractic qualify as unparalleled experts in spinal health — and their education never ceases.

After entering the profession they continue professional development courses and training seminars to ensure they are up to date with new developments and the latest research.

Chiropractors regard their ongoing professional development and adherence to the strictest educational standards as a key part of the quality of consultation they offer.

They have deservedly earned a high level of trust; each week some 200,000 Australians rely on their specialised expertise for a wide range of health issues.

The safety record of chiropractic is excellent; at the same time, it needs to be remembered that all health treatments carry some level of risk. But to put this in perspective, the chance of being injured in a car accident is significantly greater than being hurt through chiropractic care.**

Talk to your local chiropractor today, and discover how chiropractic care can assist you to get the most out of life.

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* Dabbs, V., & Lauretto, W.J. (1995). A Risk Assessment of Cervical Manipulation vs NSAIDS for the Treatment of Neck Pain. *Journal of Manipulative and Physiological Therapeutics*, 18 (8), 530-536.

** Dinman BD. The reality and acceptance of risk. *Journal of the American Medical Association* 1980; 233(11): 1226-1228.