

What is a **CHIROPRACTIC ADJUSTMENT?**



A chiropractic adjustment is a treatment where a doctor of chiropractic (DC) uses their hands or special instruments to manipulate joints in your body.



A DC treats many conditions affecting the nervous system and musculoskeletal system.

This treatment is also called spinal manipulation or joint manipulation. A chiropractic adjustment can help reduce pain, correct your body's alignment and how your body functions physically. A chiropractic adjustment is an effective option for all ages.

Chiropractic adjustments focus on maximizing the body's ability to heal and optimize performance. It assists in treating symptoms that affect the musculoskeletal system.

