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## Does Chiropractic work?

Posted by kheyenne - 2007/07/02 14:39

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I have heard so much about chiropractic practices. But I am still concerned about its effectiveness. Plus, since the practitioners are focused on the sensitive backbone area, are there any dangers of them not doing it right?

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## Re:Does Chiropractic work?

Posted by attagirl - 2007/07/03 12:08

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I think that it can work for some people and may not for others. You have to follow through, one visit will not do it. There is a combination of things that have to be done to make it effective.

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## Re:Does Chiropractic work?

Posted by reiki2 - 2007/07/03 22:43

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There are different types and styles of being a chiropractor.

I went for a gentle form and it did work for me.

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## Re:Does Chiropractic work?

Posted by missywins - 2007/07/06 05:23

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A good chiropractor will work with you for a set course of treatment. I would be wary of anyone who says that it will be open ended or last forever. It's true you may need to come in occasionally for adjustments but the goal is to get you pain free without needing to come in every week. Also, if the chiropractor seems more concerned with selling you their line of products then I'd avoid them. It's okay if they offer supplements or holistic meds but they should also be okay if you use a brand other than theirs.

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## Re:Does Chiropractic work?

Posted by drew888 - 2007/07/07 04:01

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Chiropractors can be an effective treatment if you find a good chiropractor. There are some reported risks to going to the wrong one. Where I live they make you sign a release form just in case they cause permanent damage. It's rare but I've heard it can happen.

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## Re:Does Chiropractic work?

Posted by QuietLunatic - 2007/07/21 00:10

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A good chiropractor is worth his or her weight in gold. Bad ones should be driven out of town! I've had both, and the worst treatment left me unable to use my right arm properly until I went to a different chiro to fix it. Good ones are fantastic.

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## Re:Does Chiropractic work?

Posted by Cymru Am Byth - 2007/07/26 06:57

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After been an International athlete at hockey and rugby (and yes I am female) my body took a pounding. BAcK ache and

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a sclerosis to the right I put up with it for years. I am also a nurse so lots of manouvering there. The chiropractor cracked me on a 12 month regular visit and I havent looked back

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### Re:Does Chiropractic work?

Posted by Forgive Darkness - 2007/09/07 07:24

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Believe me they definitely work. It has done wonders for my back pains. I was having problems so I went back in March. Within a couple of weeks I was feeling so much better and the pain was practically non existant.

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### Re:Does Chiropractic work?

Posted by Somnilocus - 2007/09/10 05:47

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My mom has been going for years, consistently; she loves it. I went, she cracked my knuckles, and now I haven't been able to stop; I hated it. As did my sister. It depends what you go for and the style the individual chiropractor uses. Actually I could really use some myself right now... :laugh:

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### Re:Does Chiropractic work?

Posted by Archbob - 2007/09/27 15:45

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Yes, it works most of the time, if and only if you have a good chiroprator. A bad one can really screw you up. I've heard some stories about bad ones popping people's backs to the point where they were in pain for weeks. A good one will help straighten your posture as well as help with any pain you are having.

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### Re:Does Chiropractic work?

Posted by mmk123 - 2008/07/13 04:14

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I also think a lot of it has to do with how much you believe in it working. Somebody going in with a bad attitude and one who is too skeptical of the benefits of it may not see any results at all

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