

## CHIROPRACTORS' ASSOCIATION OF AUSTRALIA (CAA)

The Chiropractors' Association of Australia (National) is the peak body representing chiropractors in Australia, which advocates to increase access to quality chiropractic care and to provide professional programs for its members to maintain the highest standards of patient care.

An underlying principle of chiropractic is “healthy spine, healthier life”. By offering expert, drug-free spinal health care and lifestyle advice, chiropractors help Australians lead and maintain healthy lives.

With over 2,600 members, the CAA is the largest chiropractic health body in Australia, and coordinates its efforts with its 8 autonomous CAA state & territory organisations.

### CHIROPRACTIC – A Natural Approach to Health

Chiropractic is the science of locating problems in the spine, the art of reducing their impact to the nervous system, and a philosophy of natural health care based on your inborn potential to be healthy.

When under proper control of your nervous system, all the cells, tissue, and organs of your body are designed to resist disease and ill health. The chiropractic approach to better health is to locate and help reduce interferences to your natural state of being healthy.

### The SPINE & the NERVOUS SYSTEM

Common interferences to the nervous system occur between some of the twenty four moving bones of the spinal column. A loss of normal motion or position of these bones can irritate or impair the function of the nervous system.

This can disrupt the transmission of controlling nerve impulses. With improved spinal function people often report improved organ and system function. Your chiropractor can help remove any interference that may be impairing normal health.



## More than SPINAL ADJUSTMENTS

While a central focus of chiropractic care, spinal adjustments are just one aspect of a chiropractors' expertise. Chiropractors offer something much more - expertise in the diagnosis and management of spinal health related problems.

This includes understanding the vast mechanisms of the spine and the body as a whole, as well as diagnosis, therapy, and coordination of the care by other members of the healthcare team.

## CHIROPRACTIC – more than meets the eye

Some facts about Chiropractic you may not know:

- Chiropractic care is effective, safe, government registered and regulated. Chiropractors use skill, not force or strength to conduct safe, effective adjustments. 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<sup>1</sup>.
- Today's chiropractor is a highly educated professional. Chiropractic training in Australia involves five year University courses. These courses are of similar length and depth as medical courses, but focus on promoting healthier lifestyles via better body function, rather than on drugs and surgery. This means chiropractors not only help you get to the cause of your pain, but help you look after your spine through expert care and lifestyle advice.
- Did you know Chiropractors look after more than your spine? Joints such as elbows and knees are also areas chiropractors can offer care for. Lower back or pelvic problems affecting the lower limbs may require chiropractic care of the knees. So too, common complaints such as 'Tennis' or 'Golfer's' elbow (lateral epicondylitis) can be assisted through chiropractic care. After years of University training and clinical experience, each chiropractor becomes highly skilled in the delivery of a variety of adjusting approaches.

Through offering expert drug-free spinal health care and lifestyle advice, chiropractors help Australians lead and maintain healthy lives. Ideally, you should have regular chiropractic checkups and lifestyle consultation to ensure long-term spinal health. *Maintaining a healthy spine will lead to enjoying a healthier life.*

For more information, please contact the Chiropractors' Association of Australia (National).

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### Follow the "healthy spine, healthier life" 6-point plan:

1. Watch your stress levels
2. Don't put unnecessary strain on your back
3. Improve your posture
4. Exercise regularly
5. Have a healthy diet
6. Keep a regular appointment with a chiropractor

<sup>1</sup> Dabbs, V., & Lauretti, 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.