

Chiropractic Treatment, Benefits, Risks and Side Effects

Chiropractic is a method of treatment where the chiropractor utilizes their hands to alleviate pain in the muscles, bones and joints.

It's regarded as a form of alternative and complementary medicine (CAM) that's why it's not a traditional medical procedure.



The benefits of chiropractic

Chiropractic is often used to treat joint pain and muscles like:

- Back in pain
- neck discomfort
- shoulder joint pain
- Elbow discomfort
- the pain of osteoarthritis

There's not much evidence to suggest it could aid with more serious illnesses or issues that do not affect the joints or muscles like allergies, asthma, and mental health issues.

What happens during chiropractic treatments?

On your first visit The [chiropractor](#) will evaluate any symptoms and determine whether chiropractic care is appropriate and which techniques will likely to aid.

Chiropractors employ various methods to treat issues with joints and muscles and joints, such as:

Spinal manipulation by using the hands of their clients to exert pressure on the muscles, bones as well as joints in the neck and spine

Short, sharp thrusting movements

slowly moving your joints into various gradually shifting your joints into different

Stretching or pulling your muscles in various directions

Treatments are not usually uncomfortable, but some individuals feel a little discomfort. Contact your chiropractor immediately when you feel it is painful.

The risks and side effects of chiropractic

Chiropractic is generally considered safe when it is done properly by a certified and certified [chiropractor in Sunshine Coast](#).

There are people who may be affected by side effects of treatments, for example:

- Aches and pains
- Stiffness
- tiredness