

Recently, landmark legislation regarding Chiropractic's legal scope of practice was passed in New Jersey. This new legislation replaces the original licensing laws concerning Chiropractic which dated back to 1953. Passing this expanded scope of practice is a significant milestone in promoting health and wellness for the citizens of the Garden State. However, many people still are uninformed on how Chiropractic can help their bodies heal naturally and stay well without drugs and surgery. With that said, let's look at modern Chiropractic and what you can expect here in New Jersey.

Doctors of Chiropractic are trained in nutritional and dietary counseling and have the ability to dispense nutritional supplements.

- Yes, nutrition, supplements and diet are taught in chiropractic school. Doctors of Chiropractic are trained to advise, counsel, and direct their patients with nutrition, supplements, and diet as it relates to health and wellness. After all, diet is one of the cornerstones of a chiropractic lifestyle. In fact, you will probably find your family doctor of chiropractic to be a more reliable source of nutritional guidance than the clerk at the health food store!

The diagnosis, treatment, and analysis of non-spinal joints is part of Chiropractic.

- Chiropractic began in 1895 and focuses on the treatment of the spine to improve the function of the nervous system. It works by removing nerve interference to the organs, muscles, and joints of the body, enabling them to function better. Nerve interference commonly occurs at the spine, but it can also occur in the extremities, too. Furthermore, just as the vertebrae in your spine can get jammed and become stiff, so can the joints in your arms, legs, feet, and hands. Therefore, it is becoming increasingly common for patients to seek chiropractic treatment for conditions involving the arms and legs such as carpal tunnel syndrome, swimmers' shoulder, tennis elbow, plantar fasciitis, and sprained ankles and knees.

Non-surgical treatment of the soft tissues of the body to include muscles, tendons and ligaments in the spine and extremities falls under the auspices of Chiropractic.

- Chiropractic adjustments involve restoring motion to joints that have become stiff or tight. Muscles, tendons, and ligament are the soft tissues which surround joints and also need to have proper flexibility and function. Treating these soft tissues of the body is taught in chiropractic school and many doctors of chiropractic continue their training beyond school to add additional soft tissue techniques to their treatment regimes. If the joints and corresponding muscles both work better, you get better faster and stay better longer.

Chiropractic physicians may legally provide splinting and taping.

- Functional taping is a component of the acute phase of care for some chiropractic patients. Many of these procedures are derived from sports taping, where specific soft tissues are isolated from injury and adjacent tissues are allowed to move freely. Although developed in the athletic population, it is useful for all patients to restore function and decrease pain.

Physical modalities are part of the drugless chiropractic approach to treating pain, inflammation, and dysfunction.

- Examples are electrical muscle stimulation, therapeutic ultrasound, cold laser, hot & cold: all commonplace in the modern chiropractic office. They are used in preparation for the chiropractic adjustment and to accelerate recovery.

Therapeutic, rehabilitative, and strengthening exercises are permitted under the umbrella of Chiropractic.

- Research has shown that active exercise, in conjunction with traditional chiropractic care, will reduce the risk for re-injury and help you stay healthy. Ask your doctor which areas need to be stretched and which regions need to be strengthened to hold your adjustments longer.

Doctors of Chiropractic may certify temporary and permanent impairments and other certifications consistent with chiropractic practice such as pre-employment screenings.

- In New Jersey, Doctors of Chiropractic are recognized as physicians whose examination findings are legally acceptable.

Any diagnostic or analytic test that is consistent with chiropractic practice may be ordered by a chiropractic physician.

- Modern chiropractic involves diagnosis as well as treatment. A proper diagnosis depends on a thorough examination in conjunction with such tests as x-ray, MRI, CAT scan, blood tests, diagnostic ultrasound, and nerve testing.

Chiropractic is the second largest healthcare profession in the United States and offers a holistic, natural, and drugless approach to managing your health. It is based on restoring function to the joints, soft tissues and nerves of the body to facilitate healing. Nutritional counseling, exercises, taping, modalities, and use of all modern diagnostic tests are within the realm of Chiropractic to help you get better and stay well without drugs and surgery. Of course, your doctor of chiropractic will also refer you to the appropriate medical specialist if necessary. Chiropractic is truly more than just back pain.

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