

Chiropractic

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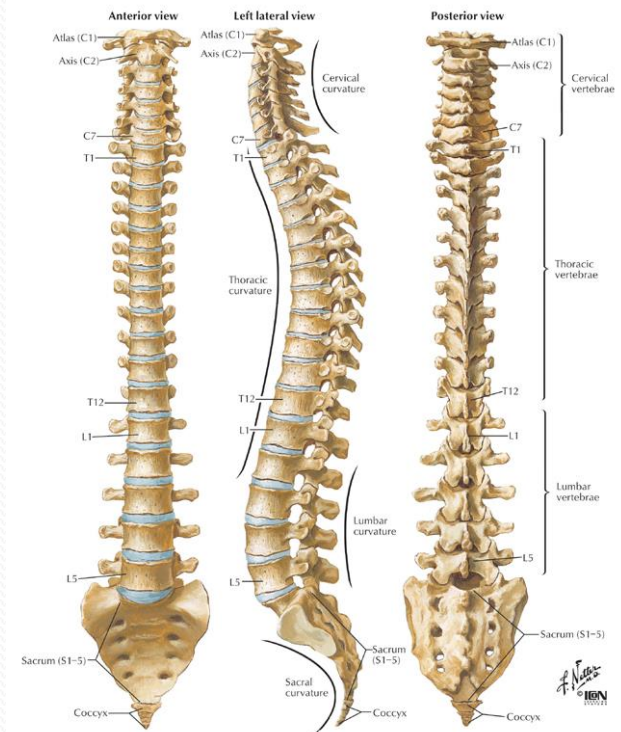
College of Science and Integrative Health

Southern California University of Health Sciences



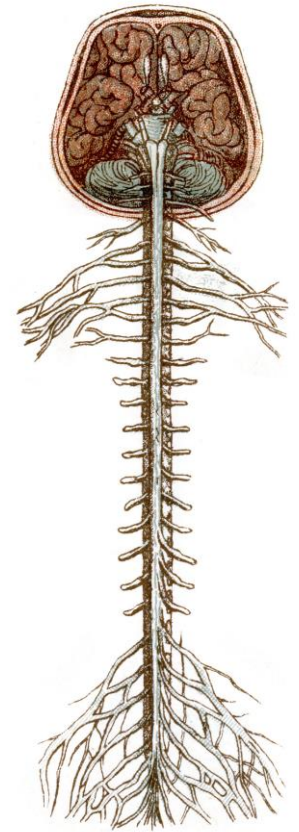
Chiropractic

- Chiropractic is a form of alternative and complementary medicine which emphasizes the **inherent power of the body to heal itself**.
- This ability for the body to heal itself happens *when* the **skeletal system and articular joints** (especially in the **spine**) are **properly aligned** and the **nervous system** is functioning properly.
- Treatment is designed to **optimize and support** the body's natural self-healing and intrinsic regulatory systems.



Chiropractic

- Early chiropractic concepts of health and disease were in line with **vitalistic philosophies** of the late 19th century.
- Living cells have an **inborn intelligence** that is responsible for the ***maintenance of life*** => **homeostasis** (i.e. Central Nervous System and the nervous system overall)
- The relationship between the spine and nervous system is an intimate one, thus. **body function and movement is synergistic with the nervous system**
- This vitalistic approach was shared by the early **osteopathic profession (D.O.)**.



Chiropractic

- Terms related to Chiropractic treatment
 - **Chiropractic Adjustments**
 - **Spinal Manipulation**
 - “**Crack**” – slang to describe the sound joints make when being treated.
- Terms related to Chiropractic practitioners
 - **Doctor of Chiropractic (D.C.)**
 - **Doctor of Chiropractic Medicine**
 - **Chiropractic physician**
 - **Chiropractor**
- Chiropractic is from **Greek words** meaning done (praktikos) by hand (kheiros).



Subluxation

- A dysfunctional articular lesion
- *Characterized by:*
 - Asymmetry
 - Restriction of motion
 - Tissue texture abnormalities
 - Tenderness to palpation
- Neurologically associated with segmental facilitation and trophic changes



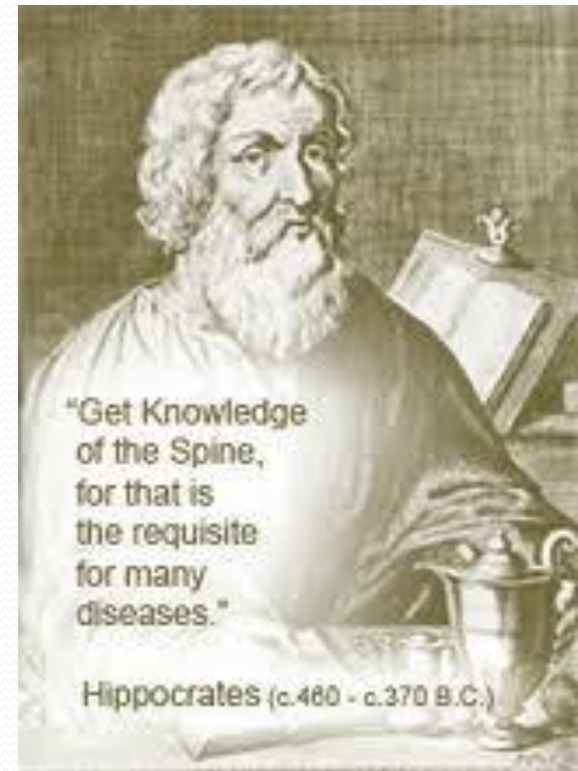
Beginnings of Chiropractic

- The roots of Chiropractic care can be traced all the way back to the beginning of recorded time.
- Writings from **China** and **Greece** written in 2700 B.C. and 1500 B.C. mention spinal manipulation and the maneuvering of the lower extremities to ease low back pain.
- Chiropractic's origins lie in the folk medicine of **bone setting**.



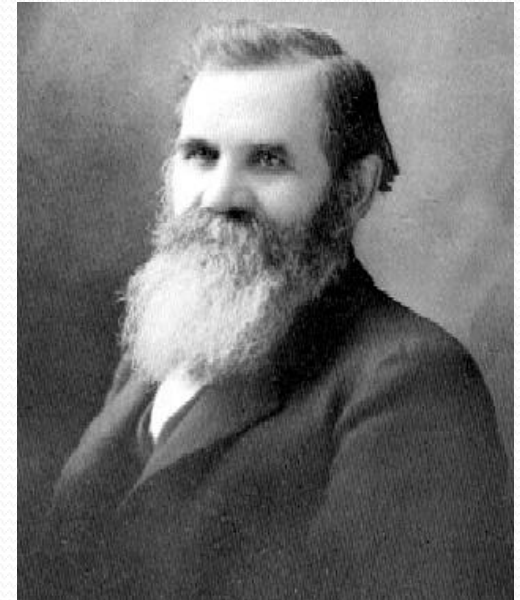
Beginnings of Chiropractic

- **Hippocrates**, the Greek physician and “Father of Western Medicine”, who lived from 460 to c.370 B.C., also published texts detailing the importance of Chiropractic care. In one of his writings he declares,
"Get knowledge of the spine, for this is the requisite for many diseases".



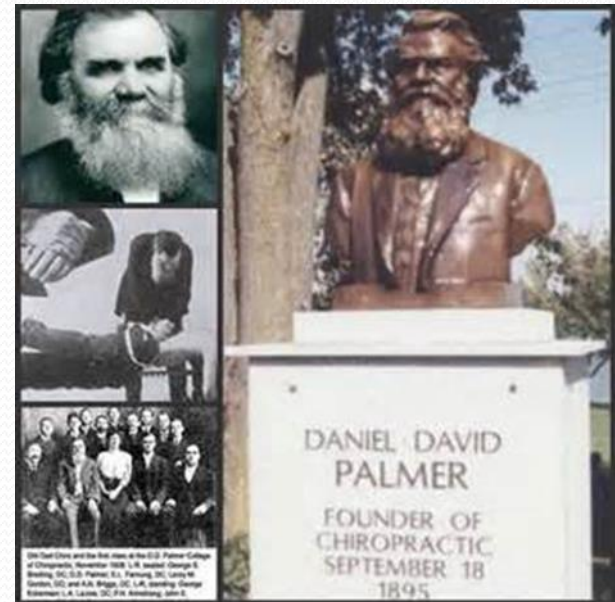
History of Chiropractic in the U.S.

- In the United States, the practice of spinal manipulation began gaining momentum in the late nineteenth century.
- In 1895, **Daniel David Palmer (D.D. Palmer)** founded the Chiropractic profession in **Davenport, Iowa**.
 - Palmer was well read in medical journals of his time and had great knowledge of the developments that were occurring throughout the world regarding anatomy and physiology.
 - After a patient's deafness had occurred after trauma resulting in a "protuberance of the spine", D.D. Palmer reasoned that this protuberance was affecting his patient's hearing. He manipulated the spine and the patient's hearing improved.
 - This led to the formulation of a theory relating spinal alignment to states of health and disease.



History of Chiropractic in the U.S.

- This theory was also shared by **Andrew Taylor Stills**, founder of **Osteopathy** in Missouri.
- In 1897 D.D. Palmer went on to begin **the Palmer School of Chiropractic**, which has continued to be one of the most prominent Chiropractic colleges in the nation.
- As it gained popularity in the U.S., Chiropractic first spread to Canada, then the U.K., then throughout the world.
- Throughout the twentieth century, Doctors of Chiropractic gained legal recognition in all fifty states.
- Currently United States, Canada, Mexico, and about 40 countries regulate Chiropractic as licensed healthcare professions.

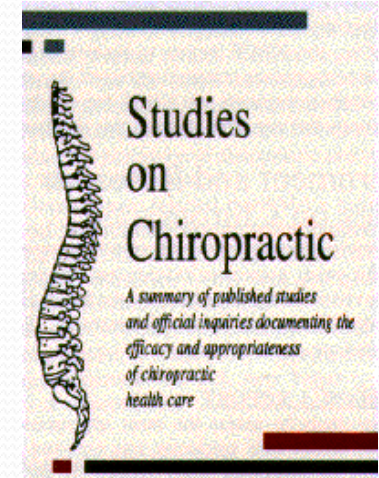


Growth & Development of the Profession in the U.S.

- The National Institutes of Health (NIH) in 1975 sponsored an interdisciplinary conference called “**The Research Status of Spinal Manipulative Therapy**” that marked an evolution for Chiropractic education and practice and laid the foundation for integration.
- The report “**Chiropractic in New Zealand**” published in 1979 strongly supported the efficacy of Chiropractic care and elicited medical cooperation in conjunction with Chiropractic care.
- The **1993 Manga study published in Canada** investigated the cost effectiveness of Chiropractic care. The results of this study concluded that Chiropractic care would save hundreds of millions of dollars annually with regard to work disability payments and direct health care costs.



National Institutes
of Health



Education of Doctors of Chiropractic

- Doctors of Chiropractic must complete **four to five years** at an accredited Chiropractic college.
- The complete curriculum includes a minimum of **4,200 hours of classroom, laboratory and clinical experience**.
- Approximately **555 hours are devoted to learning about adjustive techniques and spinal analysis** in colleges of Chiropractic.
- In medical schools, training to become proficient in manipulation is generally not required of, or offered to, students.
- The Council on Chiropractic Education requires that students have **90 hours of undergraduate courses with science as the focus (life and physical sciences)**.

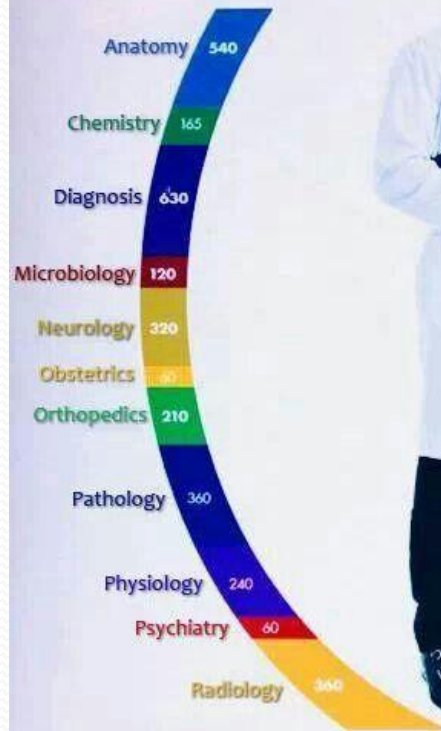
Education of Doctors of Chiropractic

- An individual studying to become a doctor of chiropractic receives an education in both the **basic and clinical sciences** and in related health subjects.
 - The basic chiropractic curriculum provides an in-depth understanding of the structure and function of the human body in health and disease.
 - It includes training in the basic medical sciences, including anatomy with human dissection, physiology, and biochemistry.
 - Clinical training is obtained in examination procedures, differential diagnosis, radiology and therapeutic techniques.

Did You Know...

Doctors of Chiropractic and Doctors of Medicine Have Similar Training?

DOCTOR OF CHIROPRACTIC



3065

CLASS HOURS

ADDITIONALLY:
Spinal Manipulation
Nutrition
Physiotherapy
Advanced Imaging

TOTAL HOURS
4700

DOCTOR OF MEDICINE



2710

CLASS HOURS

ADDITIONALLY:
Pharmacology
Immunology
General Surgery

TOTAL HOURS
4550

Licensing for Doctors of Chiropractic

- Those intending to become Doctors of Chiropractic must also pass the four part **National Chiropractic Board exam (through the NBCE)** and all exams required by the state in which the individual wishes to practice.
- The individual must also meet all **individual state licensing requirements** in order to become a Doctor of Chiropractic (D.C.).



National Chiropractic Board Exam

Part I

- Includes subject examinations in each of six basic science areas: general anatomy, spinal anatomy, physiology, chemistry, pathology, and microbiology.

Part II

- Consists of questions in each of six clinical science areas, including general diagnosis, neuromusculoskeletal diagnosis, diagnostic imaging, principles of chiropractic, chiropractic practice, and associated clinical sciences.

Part III

- Addresses nine clinical areas: case history, physical examination, neuromusculoskeletal examination, diagnostic imaging, clinical laboratory and special studies, diagnosis or clinical impression, chiropractic techniques, supportive interventions, and case management.

Part IV

- Tests individuals in three major areas: x-ray interpretation and diagnosis, chiropractic technique, case management.

Chiropractic Treatment

- Patients commonly seek Chiropractic care for complaints related to the **musculoskeletal system**; musculoskeletal diagnoses *are common* in Chiropractic practices.
- Doctors of Chiropractic focus though not only on the structural component of a patient's complaint but evaluate the **overall health** to develop a *comprehensive treatment and management plan*.
- Treatment involves:
 - **Manual therapy** (Spinal Manipulation/Mobilization)
 - **Physiotherapy** (Electrotherapy, Ultrasound, Hydrotherapy)
 - **Rehabilitative Techniques** (Exercise, Stretching/Strengthening)
 - **Lifestyle Modifications** (Nutrition/Diet, Stress Reduction)
- All aimed at: **Relieving symptoms, enhancing posture and balance, improving flexibility and facilitating coordination to optimize body function.**



Scope of Practice

- Legislation and practice are common in all jurisdictions that regulate Chiropractic health care:
 - **Primary Access**, in which D.C.s accept patients directly without the requirement of referral from any other source.
 - **Establishing Diagnosis**, in which D.C.s have the authority and obligation before initiation of treatment, including performing examinations and ordering diagnostic studies.
 - **Managing Patient Care**, by directly providing treatment, referring to another provider, and recommending lifestyle changes to facilitate health and wellness.

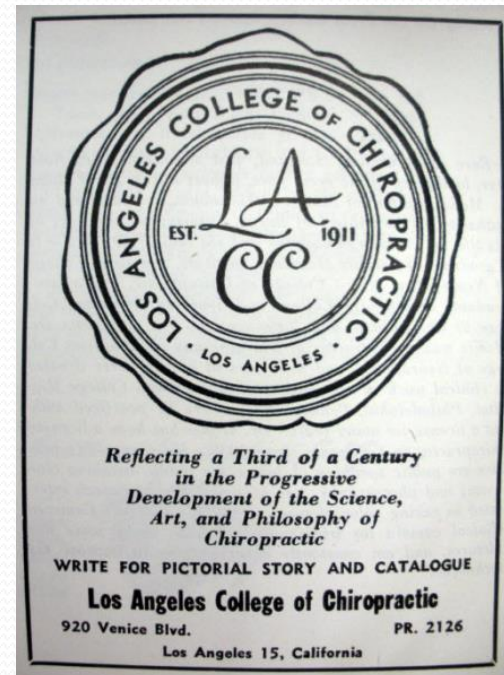


Chiropractic at SCU

- Los Angeles, California Early 1900's: Dr. Charles Cale and his wife, Linnie, committed themselves to disseminate the knowledge of a little known, yet ancient, healing art chiropractic. Dr. Cale sought to formalize the training of chiropractic physicians.
- By **1911**, when modern chiropractic was only 16 years into its history, Dr. Cale applied for and received a charter for Los Angeles College of Chiropractic (LACC). The Cales began the first classes in their home, a nine-month course of study that included anatomy, chiropractic principles and technique.
- **The Chiropractic Initiative Act of 1922 established legal requirements for chiropractic education, California licensure guidelines and the first board of chiropractic examiners.** All of this served as the catalyst for enhanced academic programs and accelerated growth at LACC.



Charles A. Cale, N.D., D.C., circa 1920



Chiropractic at SCU

- In November of **1981**, LACC realized a dream-come-true when it purchased a new 38-acre campus in Whittier, California.
- In this same decade, **LACC became the first and only chiropractic program to obtain accreditation from the Western Association of Schools and Colleges (WASC) and was one of the first chiropractic institutions to obtain federal grant money for research.**
- The end of the 20th Century brought a major change to what had been LACC for the past 89 years. The College of Acupuncture and Oriental Medicine (CAOM) was added and the Southern California University of Health Sciences (SCU) was created in **2001** to house both LACC and CAOM.



Any Questions?

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