

# Chiropractic

Submitted by Andrea Guidolin and Justyne Kersley  
(SCCA Interprofessional Committee)

## What Is Chiropractic?

Chiropractic is a regulated health profession recognized by statute in all Canadian provinces and American states. Chiropractic is the art, science and philosophy that concerns itself with the relationship between the nervous system and the health of the body.

## What Do Chiropractors do?

Chiropractors practice a drug-free, manual approach to health care that includes patient assessment, diagnosis and treatment. In particular, chiropractors assess patients for disorders related to the spine, pelvis, extremity joints, and their effect on the nervous system. Chiropractors are also trained to recommend therapeutic exercise, to utilize other non-invasive therapies, as well as to provide nutritional, dietary and lifestyle counseling.

Adjustment is the most common form of treatment utilized by chiropractors in clinical practice. Also known as spinal manipulative therapy, adjustment is a non-invasive, manual procedure that utilizes the highly refined skills developed through four years of intensive chiropractic education. Adjustment is a carefully controlled procedure delivered by a skilled practitioner to dysfunctional spinal or extremity joints. The primary goal is to decrease pain and restore function by improving areas of reduced movement in the joints and supporting tissues, and decreasing muscle tightness or spasm.



## Where do Registered Chiropractors work?

Chiropractors most commonly practice in private offices either as a sole practitioner or in associateship with other chiropractors or health professionals. Practices in multidisciplinary clinics or in institutionalised health care settings are becoming more common.

## Education & Preparation:

Chiropractic students undergo a rigorous course of study similar to that of other health care professionals. Entrance requirements are also similar. Students are required to complete a minimum of three years of university before they are eligible for admission to the CMCC accredited program. In fact, over 80 per cent of students entering the CMCC program have completed a baccalaureate degree. The CMCC program requires four years of full-time study, including a year-long internship in the College's clinics. In Quebec, the UQTR has a five-year program following graduation from a CÉGEP health science program. Both the CMCC and the UQTR programs include courses in anatomy, biochemistry, physiology, neurology, embryology, principles of chiropractic, radiology, immunology, microbiology, pathology, nutrition, and clinical sciences specifically relating to diagnosis.

## Licensure:

Chiropractic is a self-governing profession, each provincial regulatory body having the authority to grant a licence to practise chiropractic. The self-disciplining and regulatory process includes extensive testing, peer review programs, continuing education requirements and the disciplining of practitioners who fail to meet provincial licensing standards.

In all provinces, the minimum licensure requirements include:

1. Graduation from an accredited chiropractic college
2. A minimum of 3 years pre-professional university/college studies
3. Passing scores on national examinations administered by the Canadian Chiropractic Examining Board, and Passing scores on provincial licensing examinations.

## What is the role of the Canadian Chiropractic Association?

The CCA is a federated association representing the chiropractic profession in Canada through the co-operation and co-ordination of information and programming among its provincial divisions. There are approximately 6,500 chiropractors in Canada of whom 88 per cent are members of the association.

The mission of The CCA is to help Canadians live healthier lives by informing the public about the benefits of chiropractic care, by facilitating chiropractic research, and by advocating for health care system reform to ensure equitable and accessible health care for all Canadians.

Information retrieved from Canadian Chiropractic Association website [www.ccachiro.org](http://www.ccachiro.org)