

ANSWERS TO

YOUR QUESTIONS ABOUT CHIROPRACTIC

PROPERTY OF

WILLIAM JARVIS

PLEASE RETURN



HEALTH EDUCATION

TABLE OF CONTENTS

Page	
2	What Controls Body Function and Health?
3	What is Chiropractic?
4	What is a Doctor of Chiropractic?
5	What are the Educational Requirements for a Doctor of Chiropractic?
6	What Aspects of Practice are Granted By Law for Doctors of Chiropractic?
7	What Causes Spinal Disorders?
8	What can Chiropractic Do for the Patient?
9	Is Diagnosis a Part of Chiropractic?
10	Does the Doctor of Chiropractic Use X-ray?
11	Does Chiropractic Cure Everything?
13	Is Spinal Adjustment Safe?
14	Do Insurance Companies Pay Chiropractic Claims?
15	Do State and Federal Governments Recognize Chiropractic?
16	Do Medical Doctors Recognize Chiropractic?
18	Which Costs More, Chiropractic or Medical Care?
21	Where Can I Get Additional Information?

WHAT CONTROLS BODY FUNCTION AND HEALTH?

Disease processes will reveal that changes from normal have taken place in function, or structure or both of tissues and organs. Pathologists generally agree that (except in cases of direct physical damage to organs such as burns, cuts and blows, etc.) changes in function are the first steps in disease and that changes in structure follow later. Therefore it can generally be said that disease is primarily an abnormal function or activity in some organ, tissue or system of the body.

We are all familiar with most of the major systems of the body, such as digestive, respiratory, circulatory, glandular, muscular, visual, etc.

The great master system which influences, directly or indirectly, the activity of all other systems is the nervous system. Damage or interference with the normal action of the nerves to any of the systems will cause changes in function and other problems.

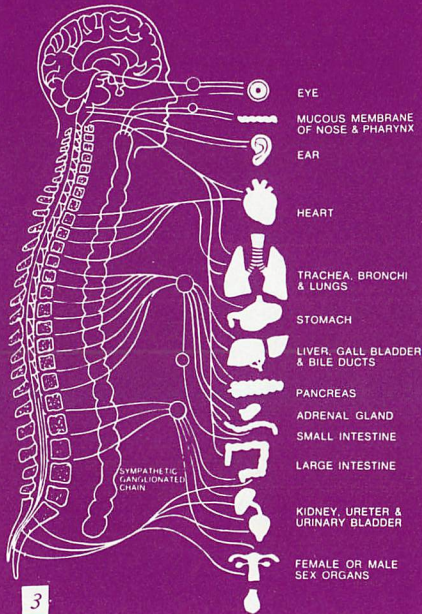


Fig. 1. *The central nervous system stems from the brain, forms the spinal cord inside the spine, then branches to all parts of the body. Functional changes can be produced by a neurothliptic dyskinetic spondylosis or a nerve irritating malfunctioning motor unit of the spine commonly called a "subluxation." The Chiropractic Physician treats the "subluxation" with highly sophisticated and scientific techniques.*

WHAT IS CHIROPRACTIC?

According to Oregon Law 8618: #54-301, "Chiropractic is defined as that system of adjusting with the hands the articulations of the bony framework of the human body, and the employment and practice of physiotherapy, electrotherapy, hydrotherapy and minor surgery."

The major purpose of chiropractic care is to free the nervous system of interferences with its normal function, thus removing a basic cause of disease.

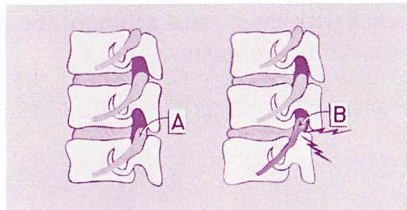
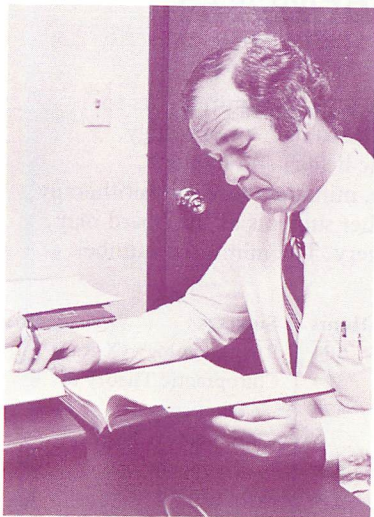


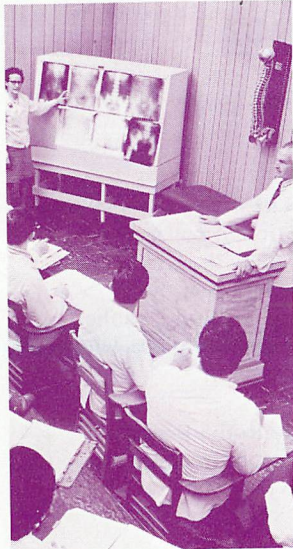
Fig. 2. *Nerve roots arise in openings within spinal joints. Illustration at left shows a normal nerve root, (A). Illustration at right shows an example of nerve root irritation (B) caused by changes in the spinal disc under the "subluxation." Such conditions can be produced in many ways – even by turning over in one's sleep while the supportive muscles of the spine are relaxed and thus not providing adequate protection.*



WHAT IS A DOCTOR OF CHIROPRACTIC?

The modern Chiropractor is a qualified professional man. In order to qualify for licensure in Oregon he must meet the following requirements:

1. Be of sound, moral and ethical character.
2. Successfully complete two years of college prior to admission to chiropractic college.
3. Successfully complete four academic years of resident instruction in colleges of chiropractic acceptable to Oregon's Board of Chiropractic Examiners.
4. Provide certification that he has satisfactorily passed an examination in the Basic Sciences (chemistry, pathology, bacteriology, anatomy, physiology, public health and hygiene). This is the same examination given to all licensed physicians.
5. Satisfactorily pass an examination in clinical subjects by the Board of Chiropractic Examiners.
6. Each chiropractic licentiate must present certification annually to the Board of Chiropractic Examiners that he has completed a continuing education course acceptable to the Board covering new, review, research or specialty subjects in the field of chiropractic.



WHAT ARE THE EDUCATIONAL REQUIREMENTS FOR A DOCTOR OF CHIROPRACTIC?

ORS 684-050 (4) states as follows: "The schedule of minimum educational requirements to enable any person to practice chiropractic in this state is anatomy, histology, embryology, physiology, chemistry, pathology, obstetrics and gynecology, public health and hygiene, toxicology, dietetics, diagnosis, theory and practice of chiropractic, minor surgery, physiotherapy, clinics, eye-ear-nose-throat, jurisprudence, proctology, and such other subjects as the board may, from time to time, require except internal medicine and major surgery. The minimum number of hours shall be not less than 4,000."

Although some variations occur between the various chiropractic colleges in the number of classroom hours allotted to some subjects, the following is typical of teaching hours offered by the several chiropractic colleges approved by the Oregon Board of Chiropractic Examiners:

<u>Subjects</u>	<u>Hours</u>	<u>Subjects</u>	<u>Hours</u>
Anatomy	804	Roentgenology (X-Ray)	216
Physiology	324	Chiropractic Theory & Practice	720
Chemistry	324	Chiropractic Clinical Therapeutics	1008
Microbiology & Public Health	336		
Pathology	336		
Diagnosis	732		
		Total	4800

WHAT ASPECTS OF PRACTICE ARE GUARANTEED BY LAW FOR DOCTORS OF CHIROPRACTIC?

1. Adjustments of the articulations of the bony framework of the human body.
2. Manipulation of soft tissue of the human body.
3. Physiotherapy, including electrotherapy and hydrotherapy.
4. Dietetics and nutritional planning.
5. Minor Surgery.
6. Obstetrics.
7. Signing of birth, death and health certificates.
8. Reporting of contagious and infectious diseases to the State Board of Health.
9. Treatment of injured workmen under the Workmen's Compensation Laws.
10. Treatment of patients under the State Welfare Administration.
11. Treatment of those qualifying for medical assistance for the aged.
12. Automobile accident injuries.

WHAT CAUSES SPINAL DISORDERS?

Spinal disorders are often manifested by such complaints as:

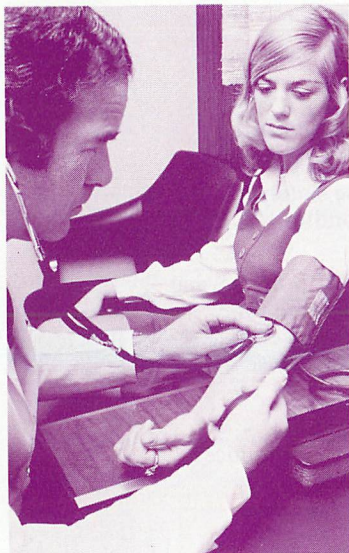
HEADACHES	FAULTY POSTURE	SHOULDER, NECK & ARM PAIN
LOW BACK PAIN	NEURALGIA	MUSCLE CRAMPS & SPASMS
RIB & CHEST PAIN	NUMBNESS	ABDOMINAL PAIN
TENDON PAIN	DIZZINESS	NERVOUSNESS
STIFF NECK	SCIATICA	

Many things can cause spinal disorders such as: weak supportive muscles, fatigue, poor posture, unusual or improper exertion, falls and other impact injuries. A small, painless spinal distortion may gradually increase without symptoms over a period of months or years. During this period the spine shifts slowly until finally an unusual movement brings about a painful condition. To avoid a severe and prolonged spinal disability, regular chiropractic examinations are advisable.

WHAT CAN CHIROPRACTIC DO FOR THE PATIENT?

There are four kinds of benefits:

1. Direct benefits to the spine and back. By treating malfunctioning vertebrae, the Chiropractor often relieves a range of painful and crippling local conditions often referred to as "back trouble".
2. Relief of discomfort in remote parts of the body. Pain in the hand, for example, may be simply a discomfort from irritated sensory nerves in the upper back and neck. This could be a condition in which no serious dysfunction or disease is involved.
3. Relief of pathology in remote parts of the body. Spinal nerve irritation often interferes with the normal function of the body's systems and parts. Organic atrophy, chemical imbalances, accumulation of toxins, and lowered resistance to germs are among the possible results of such nerve function change. Often chiropractic adjustments result in halting and reversing the condition, provided the disease has not progressed too far.
4. Spinal hygiene. Chiropractic is important in preventing illness as well as alleviating it. Trauma, repeated minor strains, visceral reflexes, or emotional stress, and other penalties of daily life produce subluxations. These are often unknown to the victim but still capable of producing remote problems. Experience shows that regular spinal checkups keep the nervous system at its best level of function.

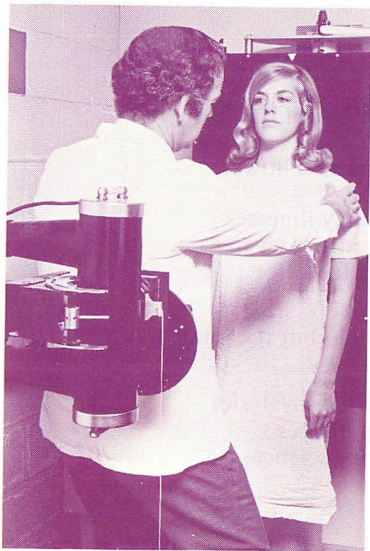


IS DIAGNOSIS A PART OF CHIROPRACTIC?

All chiropractic colleges teach physical examination and diagnostic procedures. They examine in physical, clinical, laboratory and differential diagnosis, in addition to chiropractic analysis. Before receiving a license to practice, chiropractic candidates are examined in diagnosis either by official State Boards or by the National Board of Chiropractic Examiners, or both.

The chiropractic college curriculum is oriented toward patient management, that is, to the recognition of the measures best suited to the restoration and maintenance of the patient's good health (whether such measures are applied by a Doctor of Chiropractic or by another health profession on referral).

Oregon Administrative Rules 10-005, as adopted by the Board of Chiropractic Examiners, Section (4) subsection (a) states as follows: "DIAGNOSIS is the employment of all recognized and accepted chiropractic means of examination to determine the source or nature of interferences with the structural and functional integrity of the nervous system, including the withdrawal of blood for diagnostic purposes."



DOES THE DOCTOR OF CHIROPRACTIC USE X-RAY?

The use of X-ray is a standard diagnostic procedure in the practice of chiropractic today. It particularly enables the Chiropractor to locate, and analyze spinal and other problems.

Chiropractic colleges are increasing their requirements in the field of X-ray, with up to 360 classroom hours teaching programs in X-ray technique, X-ray interpretation and radiation control.

One of the committees forming the framework of the Oregon Association of Chiropractic Physicians is the X-ray Radiation Safety Committee. Both its chairman and vice-chairman are nationally certified Diplomates in Chiropractic Roentgenology.

A long-standing scientific agency within the framework of the same association is the Council on Chiropractic Roentgenological Technique and Interpretation.

In accordance with Oregon law, all radiation machines (including X-ray) are annually registered with the State Board of Health. X-ray equipment in the offices of Doctors of Chiropractic, Medicine, Osteopathy, Dentistry and others, are inspected periodically by the State Board of Health.

DOES CHIROPRACTIC CURE EVERYTHING?

Unfortunately some early practitioners misunderstood the far-reaching implications of their art, claimed too much for chiropractic, and created a bad image for the profession.

Today's sophisticated doctors are well aware of the limitations and take care to advise patients as follows:

1. Chiropractic can benefit virtually all parts and functions of the body and many illnesses occur that cannot be alleviated without the help of spinal adjustment. Yet, in any given case, the nerve interference due to spinal unit malfunction may be a contributing factor or not a factor at all.
2. Chiropractic can enable the ailing body parts to recover their normal function, but it cannot repair irreversible structural breakdown or resurrect dead tissue.
3. Like all who deal with life functions, the Doctor of Chiropractic recognizes the mysteries involved. Whether a doctor practices medicine, surgery, chiropractic, or some other field, he remains part student as well as practitioner. Chiropractic is a growing science. As new truths unfold chiropractic service will be enhanced.

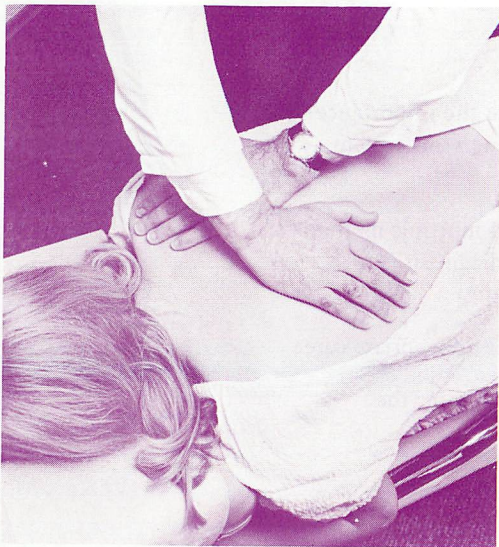
Does Chiropractic Cure Everything? *(Continued)*

Doctors of Chiropractic do recognize the existence of germs and emphasize the importance of the body's natural resistance to bacteria and viruses and the role of the nervous system in maintaining or restoring resistance to their invasions.

Because the modern Doctor of Chiropractic recognizes multiple causes and multiple methods of treatment for disease, the first thing he will do following a differential diagnosis is to determine whether or not the patient should respond to chiropractic therapy.

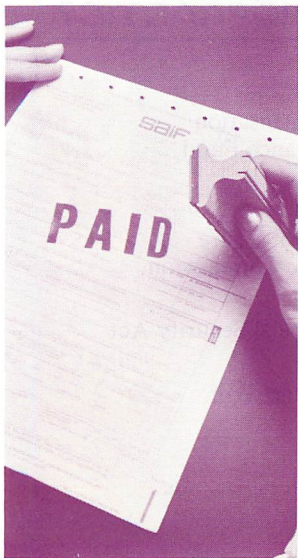
If he determines that the case falls within his scope of practice, he provides appropriate care.

If he determines that the patient requires another type of treatment, he will refer the patient to the practitioner or specialist who is indicated.



IS SPINAL ADJUSTMENT SAFE?

Spinal adjustment by a less-than-qualified individual would not be safe. However, every licensed Doctor of Chiropractic has passed a rigorous qualifying examination, certifying his ability to perform adjusting procedures effectively and safely, as well as to recognize those conditions which would make adjustment inadvisable.



DO INSURANCE COMPANIES PAY CHIROPRACTIC CLAIMS?

All casualty insurance policies in the State of Oregon include chiropractic coverage to the extent of scope of practice as defined by the State's Chiropractic Licensing Law. Most of the insurance companies engaged in the business of writing health and accident insurance in Oregon include chiropractic coverage.

These companies indicate that this benefit is provided their policyholders without additional premium cost. Recognition of chiropractic in accident and sickness policies usually does not involve hospitalization, since most patients are cared for in the chiropractor's office or clinic.

Wise individuals make certain their Accident and Health Insurance policies permit a freedom of choice of doctor. An adequate definition includes: "Medical Doctor, Osteopathic Doctor, and Chiropractic Doctor"; "Licensed Doctor"; or "Physician". Beware of definitions such as "Doctor of Medicine"; "Licensed to prescribe all drugs and perform all surgery"; or "One licensed by State Board of Medical Examiners".

DO STATE AND FEDERAL GOVERNMENTS RECOGNIZE CHIROPRACTIC?

1. Workmen's Compensation

Compensation for chiropractic services within the scope of practice as defined by Oregon statute is offered for workmen who may be injured on the job. As administered by the Workmen's Compensation Board, chiropractic services for injured workmen are compensated by the State Accident Insurance Fund or by a non-governmental carrier authorized to write industrial accident coverage.

2. State Public Welfare Commission

Welfare recipients seeking medical assistance through the Public Welfare Assistance Program, can secure limited chiropractic aid. Compensation for the doctor is made through the State Public Welfare Commission.

3. Medicaid

Congress has authorized payment for chiropractic services under Medicaid, Title XIX of the Social Security Act.

4. Federal Civil Service

All Federal departments and agencies accept statements from Doctors of Chiropractic for sick leave of Federal employees.

5. Income Taxes

The Federal government permits medical deductions for chiropractic health services under Federal Income Tax Law.

6. State and Federal Veterans

G.I. Bills provide for chiropractic education.

DO MEDICAL DOCTORS RECOGNIZE CHIROPRACTIC?

Although the American Medical Association officially opposes chiropractic, many individual Medical Doctors recognize and accept the value of chiropractic.

In Germany, England, Canada, Russia and other countries medicine has gone much farther with the study and acceptance of chiropractic than in the U.S.A.

For example, the Medical Research and Work Group for Chiropractic, in Germany, originated after World War II, now includes more than a thousand German physicians. "A new interchange between 'school medicine' and chiropractic becomes necessary," wrote L. Zukschwerdt, M.D., a prominent clinical surgeon and University of Hamburg professor, early in the movement. "New researches in the pathological anatomy and roentgenology of the spine . . . and above all clinical experiences with osteochondrosis of the different vertebral segments causes much of the chiropractic teaching to appear in a different light than formerly."¹

Following Dr. Zukschwerdt's lead, other members of the ever-growing group have extensively substantiated and enlarged their knowledge of chiropractic. A summary of the movement in 1965² quotes or lists more than a hundred thirty medical books and articles, all in the positive vein.

(Continued)

Do Medical Doctors Recognize Chiropractic? *(Continued)*

“Many ailments or diseases are enormously accelerated in their improvement by spinal therapy: and indeed many a cure thereby becomes for the first time possible” goes a typical statement, by Dr. K. R. von Roques, Berlin physician. “Whoever has once experienced the . . . (cure of a disease) by a manual thrust will not shy away from exposing himself to the odium of prejudice”, this physician declares.³

In 1965 nearly 300 delegates from twenty different countries attended a London Congress of the International Federation of Manual Medicine, which strongly emphasized chiropractic principles. The British Medical Association acted as host and officially announced that manipulation was a part of British medicine. Today there are, in fact, Academies of Manipulative Medicine in England, Canada and the United States.

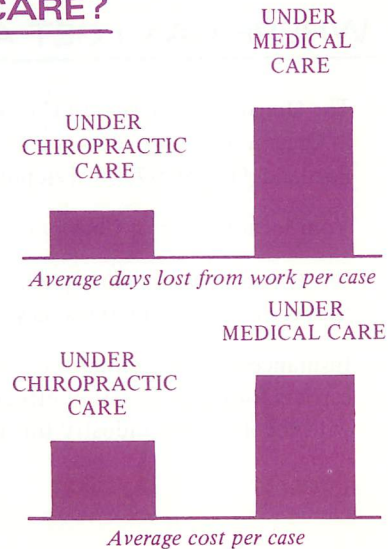
In Canada chiropractic is included in a “medicare-like” program. As a result, a great interchange of clinical knowledge is now occurring between the medical and chiropractic professions. The Canadian Medical Association has modified its code of ethics to permit medical-chiropractic cooperation in treating patients.

Russia also appears to be advanced, especially in studies of the important effects of the central nervous system on conditions of immunity. Recent translations by the U.S. Department of Commerce ⁴ and the U.S. Department of Health, Education, and Welfare ⁵ have broken the language barrier that long kept the rest of the world in the dark concerning the Russian findings.

WHICH COSTS MORE, CHIROPRACTIC OR MEDICAL CARE?

Doctor's fees are set largely on the same basis for the two professions; so the answer for the individual patient lies in the nature of his problem and his response to treatment. A substantial study conducted in Florida gave results highly favorable to chiropractic on two counts, that of faster recovery and that of lower cost.

The study was conducted by the Florida Chiropractic Association under close audit by First Research Corporation, a nationally recognized independent group. The study analyzed all of the 19,666 non-surgical cases of back strain or sprain recorded by the Florida Industrial Commission under the state workmen's compensation law. This simple statistical study revealed that the cases listed as receiving medical care entailed an average of three times as much time loss and more than 27 percent higher treatment cost than the cases listed as receiving chiropractic care. The chief details are shown graphically at the right.



WHERE CAN I GET ADDITIONAL INFORMATION?

The Oregon Association of Chiropractic Physicians is the responsible voice for the chiropractic profession in Oregon. It is duly incorporated under the Oregon law. The office is located at 4525 S.E. 63rd Avenue, Portland, Oregon 97206. Telephone (503) 771-6880.

Your local Doctor of Chiropractic will also be pleased to answer any questions you may have.

The O.A.C.P. works closely with and cooperates with all Federal, State and Local governments. Some of the Association's functions may be seen in the following committees:

Insurance Review Committee – serves to review chiropractic claims brought to its attention by insurance carriers for the purposes of effecting control and arbitration of disputes. This committee works closely with the insurance industry throughout the state.

Where Can I Get Additional Information ? *(Continued)*

Ethics Committee – is charged with the responsibility of maintaining a high standard of professional conduct throughout the Association membership. This committee works closely with the Board of Chiropractic Examiners, the Department of Health, law enforcement agencies, and others.

X-ray Radiation Safety Committee – headed by two nationally certified Diplomates in Chiropractic Roentgenology, works to maintain within the chiropractic profession of Oregon high standards of qualification by users of X-ray equipment and the development of the best possible safeguards against possible excessive radiation.

The O.A.C.P. is affiliated with the American Chiropractic Association and additional information regarding chiropractic nationally may be obtained from the A.C.A. Public Information Department, 2200 Grand Avenue, Des Moines, Iowa 50312.

BIBLIOGRAPHY

1. L. Zukschwerdt, J.D., "Chiropraktik," Hippokrates, October 31, 1951.
2. C.W. Weiant, D.C., Ph.D., and S. Goldschmidt, D.C., *Medicine and Chiropractic*, Fourth Edition, 1966, Library of Congress Card Number 66-24111, printed in New York and at J.J. Augustin in Gluckstadt, Germany.
3. K.R. von Roques, M.D., "Über Notwendigkeit und Form des Einbaus der Chiropraktik in die Medizin" (On the Necessity and Manner of Incorporating Chiropractic into Medicine), *Neuralmedizin*, June 1954.
4. U.S. Department of Commerce, Office of Technical Services, *Control of Immunogenesis by the Nervous System* (translations of 21 papers by Soviet scientists).
5. U.S. Department of Health, Education and Welfare, *Soviet Medical Research Related to Human Stress* (summaries in English of Soviet findings).

*“It should never be said that everything possible
was done unless chiropractic was included.”*

