

What kind of training do DCs have?

Doctors of Chiropractic go to college for at least two to three years followed by chiropractic training for four years. They complete classroom and clinical training. They must pass a state licensure exam to practice. DCs are licensed in all 50 states, in Puerto Rico, the Virgin Islands and the District of Columbia. DCs can also specialize. This requires an additional 2 to 3 years of training.

How can I get chiropractic care?

Talk to your health care provider. Some VA Medical Centers will be offering chiropractic care on station. If you are being seen at one of those VAMCs, your VA provider can refer you to the DC.

If you are not at one of the VAMCs offering chiropractic care, your VA health care provider may refer you for fee basis authorization to see a DC in your community.

If you are required to make co-payments, the basic co-payment will apply.

Department of Veterans Affairs
Veterans Health Administration
Office of Patient Care Services

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Chiropractic Care For Veterans



What is chiropractic care?

Chiropractic is an approach to health that focuses on the body as a whole. Doctors of Chiropractic (DCs) treat conditions relating to bones and joints, nerves and muscles. DCs consider many factors that can affect your health and overall well-being such as your work, your lifestyle and your family history.

DCs use natural methods to help the body heal. They do not use drugs or surgery. They look at the body's structure and function, focusing on the spine, muscles and nerves.

They assess how these systems are working together. To find out what the problem is and how to best treat it, the doctor of chiropractic will:

- Take a medical history

- Do an exam, focusing especially on nerves and bones
- Assess your posture
- Order other tests if needed, such as x-rays and other spine imaging

What is a chiropractic adjustment?

Chiropractic's primary treatment method is called an adjustment or manipulation.

DCs use their hands or equipment to apply a short quick thrust to a joint or joints. The thrust is carefully administered with the intent of improving joint and nerve function, reducing pain and speeding recovery. It may be used with other forms of treatment, depending on your specific needs.

How can chiropractic care help me?

Chiropractic health care is widely used for back pain and its related disorders. Patients also go to a DC for:

- Neck pain
- Pain from an accident or injury
- Muscle spasms
- Headaches related to tension or strain
- Sciatica (pain in the lower back, hip, thigh or down the back of the leg)
- Pinched nerve
- Other problems related to spine, muscle and bones

DCs will focus on your body's ability to heal by giving you advice on how to better manage the factors that you have some control over such as stress, diet and exercise. They may also give you a consult or referral to another health care provider.