



Information sheet: Chiropractic

What is chiropractic?

Chiropractors are healthcare professionals who can assess, diagnose and manage a wide range of conditions, such as back and neck pain, minor sports injuries and sciatica. As well as relieving symptoms of pain and discomfort, chiropractors can also improve mobility and reduce disability associated with muscle and joint problems.

What do chiropractors do?

Before starting any treatment, and to determine the best plan of care, the chiropractor will undertake an assessment of your health. This will involve gathering information on your condition, relevant lifestyle aspects and your current and past health history. Following your initial assessment, the chiropractor will provide you with an explanation of their findings, what recommended treatment options are available, and the benefits and risks of care. They will also explain alternative treatment options and what happens if your condition does not improve as expected. This may include referring you to another healthcare professional. At all stages of care, you will be involved in shared decision making with the chiropractor.

Once the initial assessment visit is complete, the chiropractor will create a plan of care, which they will discuss with you and answer any questions. Only when you are happy to proceed

and understand the implications of treatment, including the cost, will the chiropractor ask for your consent to begin treatment.

Chiropractors are trained to use a range of techniques when treating their patients. They are best known for using manual methods of care, including spinal and joint manipulation (also referred to as 'adjustment') but may also use other hands-on or instrument-assisted approaches. Many chiropractors will also provide lifestyle advice and exercises to help you manage your condition. This may include dietary and nutritional advice as well as strategies to manage stress and discomfort.

What are the training standards?

Chiropractors have to complete a minimum four year Master's level programme to qualify and register in the UK. Overseas graduates may have other qualifications, but all must be registered with the General Chiropractic Council ([GCC](#)) to ensure they meet the standards of the UK profession.

How is chiropractic regulated?

Chiropractic is regulated by the [GCC](#), the statutory body responsible for maintaining the standards of education for entry to the register and the code of practice for safe and competent practice.

How do I find a chiropractor?

Chiropractors are located throughout the UK and can be found via a number of sources. All chiropractors are registered with the [GCC](#) and usually with a professional association. The [GCC](#) and the associations will hold a list of appropriately qualified practitioners on their websites.

Are there any safety concerns?

Using manual therapy, chiropractors provide safe, effective treatment and care that aims to promote the health and wellbeing of people. The reporting of adverse effects is rare.



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Is there an evidence base?

Chiropractic is an evidence-based profession underpinned by a range of high quality published research both nationally and internationally. The strength of the evidence base led to the profession being regulated in the UK as well as around the world.