

6 Things Chiropractors Can Help With—And What They Can't

By: Judy Koutsky



Most people assume that chiropractors are only good for neck and back pain. And while they do treat a lot of that, there's plenty else they can do. Chiropractic medicine focuses on disorders of the musculoskeletal and nervous systems and how they affect the rest of the body. "Many people don't know that most chiropractors have post graduate training and board certification in areas such as pediatrics, clinical nutrition, neurology, orthopedics, physical rehabilitation, sports/athletic injury, and acupuncture," says Gregory D. Fox, a chiropractor and President of Maine Chiropractic Association and Director and Founder of Heritage Integrative Healthcare, based in Maine.

That said, while chiropractors can help with a variety of symptoms and problems, there are many things best left to the MDs. "Medical doctors are better at treating acute emergencies, infections, chronic diseases, fractures, injuries that require surgeries, tumors, and broken bones," says **Gabrielle Francis**, a naturopathic doctor, chiropractor and acupuncturist in New York City. While chiropractors learn about the whole body, they are mainly specialists in musculoskeletal injuries. "Anything outside of this realm is better left for medical doctors," notes Sunil Pullukat, a chiropractor at Chicago Sport and Wellness. (Want to pick up some healthier habits? Sign up to get daily healthy living tips delivered straight to your inbox!)