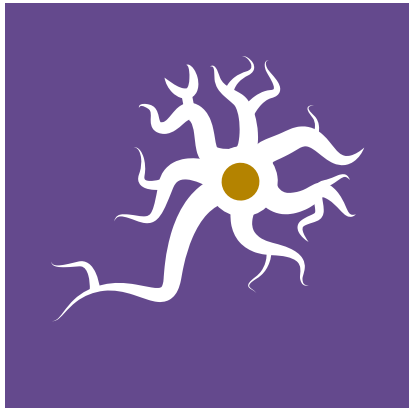


# Chiropractic is **SAFE, EFFECTIVE, AFFORDABLE** care.

*A Doctor of Chiropractic is ...*



a primary care doctor who specialize in **SPINAL HEALTH** and **WELL-BEING**, maximizing patient function through conservative care. They use adjustments to restore joint function and support the nervous system.

*An adjustment is ...*



a very safe, specific, controlled force applied to a joint to restore **PROPER FUNCTION AND ALIGNMENT**. Chiropractic adjustments reduce pain, increase movement and improve performance.

*Chiropractic care costs ...*

the same as, or less than, other types of health care. The national median out-of-pocket cost for a **CHIROPRACTIC APPOINTMENT IS \$35**. Your cost may be less if you have insurance or more if you do not.



## *Chiropractors collaborate ...*

with your other doctors.

Chiropractors strive to improve your health **WITHOUT DRUGS OR SURGERY**.



**PALMER**  
College of Chiropractic

*The Trusted Leader in  
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Source: 2017 Gallup-Palmer College of Chiropractic Annual Report:  
Americans' Views of Prescription Pain Medication and Chiropractic Care  
(10/17)