

## Are there different types of chiropractors?

If you walk into a room of chiropractic patients and ask them how often they see their chiropractor, I am certain that you would hear a vast array of answers. Some may say *only when they're in pain* and others may tell you that they go on a weekly basis. Why is there such a difference in recommendations?

The short and sweet answer is a difference in philosophy. While all chiropractors may graduate with the same degree, they certainly do not graduate with the same ideas and philosophy of care. In essence, that is because there are two different types of chiropractors: traditional and symptom based.

A symptom based chiropractor will treat you dependent upon how you are feeling. The treatment plan puts a Band-Aid on the problem. In reality, pain is merely a fire alarm to the underlying problem. With out continuing care, it is almost guaranteed that you will experience a relapse in three to six months because the root of the problem was never tackled.

To contrast, a traditional chiropractor doesn't treat based upon symptoms alone. They care how you're feeling, but the overall goal is an improved quality of life. With continuous monitoring, your visit frequency can be altered depending on how your body is responding. Care continues beyond when your pain is gone, in order to fix the underlying problem that caused your body to throw out warning signs (pain or symptoms) in the first place. Regular maintenance or wellness adjustments allow you to be and do your best, preventing the problem from returning and optimizing your overall health.

Neither type of chiropractor is right or wrong. The decision is up to you as to which brand of chiropractic suits your needs the best.

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