

# How Safe is Chiropractic?

Insurance companies complete the best liability studies to evaluate risk assessment and determine potential for accident or injury. **Malpractice insurance premiums for healthcare providers originate based on the risk or opportunity for risk of accidents, injuries, or damage.** The safety of Chiropractic undergoes scrutiny by the most non-biased criteria and from insurers with a great deal of investment at stake. The potential for risk maintains a direct relationship with the cost of premiums insurance companies deem customary for healthcare practitioners.

Chiropractors routinely incur the lowest health insurance premiums when compared to any other healthcare provider. Some people believe that Chiropractic adjustments qualify as invasive treatment, but the actual safety and effectiveness of Chiropractic care stands on over 120 years of safe and effective results. Chiropractic thrived from the very inception of nervous system care. The past three decades provided scientifically backed research proving results rooted in evidence.

Almost every top-level athlete and team employ a Chiropractor. The internet projects countless videos of the best athletes in the world receiving Chiropractic adjustments before, during, and after practice or competition. Research and endless testimonies prove the benefits of chiropractic adjustments for athletes, children, and adults. Every man, woman, and child deserve to hear about the research upon which the safety and effectiveness of Chiropractic confidently stands. People subject to dangerous drugs and their side effects need to know that safe alternative exists.



A new study published in May of 2019 did the heavy lifting for anyone uncertain about the safety of Chiropractic. The study measured cerebral blood flow, vertebral artery blood flow, and arterial blood velocity in patients undergoing spinal adjustment care to the neck. **No significant changes were found in the blood vessel or blood flow through the artery when compared with a resting state or when the neck was rotated to maximum rotation.** In other words, the stress that a Chiropractic adjustment puts on the blood vessel or blood flow into the brain proves equivalent to simply turning the head. The study also verified the power of an adjustment with results showing significant increases in function and connection between the posterior brain and cerebellum following a spinal adjustment.

These conclusive results maintain previous evidence that supports over 100 years of literature and clinical evidence. Chiropractic provides one of the safest forms of healthcare available today. Alternative treatments involving dangerous drugs and surgeries present incredible challenges and risks. **Chiropractic offers a safe, noninvasive approach to proactive health care.**