Before seeing a chiropractor for arthritis

Use these steps from the article to choose safe chiropractic care for your type of arthritis.

- [ ] Ask your doctor or rheumatologist whether chiropractic care suits your type of arthritis.
- [ ] Tell the chiropractor your arthritis type, medicines and any bone density results.
- [ ] Avoid adjustments on any joint with active swelling or during a flare.
- [ ] Ask the chiropractor to avoid neck manipulation if you have rheumatoid arthritis.
- [ ] Check that a UK chiropractor is registered with the General Chiropractic Council.
- [ ] Review progress within 4 to 10 treatments and change approach if nothing improves.
- [ ] Keep up tailored exercise and weight management as the core of osteoarthritis care.
- [ ] Keep taking medicines your doctor prescribes for arthritis.
- [ ] See a doctor for new numbness, tingling or weakness in the arms or legs.
- [ ] Seek urgent care for any loss of bladder or bowel control.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/chiropractor-for-arthritis/