Choosing a chiropractor or an orthopedic doctor

Use these steps from the article to match a back or joint problem with the right provider.

- [ ] Check for deformity, fever with a hot swollen joint, numbness, weakness, or bladder or bowel changes first.
- [ ] Get prompt medical help when a limb cannot move or bear weight after an injury.
- [ ] Choose an orthopedic doctor for a suspected fracture, torn ligament or tendon, or joint replacement.
- [ ] Consider a chiropractor for new back or neck pain that has no warning signs.
- [ ] Ask the chiropractor whether imaging is needed and who pays for it.
- [ ] Call the insurer to confirm coverage and referral rules before booking either provider.
- [ ] Tell the chiropractor about any weakness, numbness or worsening pain straight away.
- [ ] See a doctor when back pain does not improve after a few weeks.

Notes

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