Choosing a chiropractor or an osteopath

Use these steps from the article to choose and check a chiropractor or an osteopath safely.

- [ ] Check whether the osteopath is a US physician (DO) or a UK-style manual therapist.
- [ ] Rule out red-flag symptoms such as numbness in both legs or loss of bladder control first.
- [ ] Search the General Osteopathic Council register before booking a UK osteopath.
- [ ] Search the General Chiropractic Council register before booking a UK chiropractor.
- [ ] Confirm a US chiropractor or DO license with the state licensing board.
- [ ] Ask about the treatment plan, the expected number of sessions, the risks and the price.
- [ ] Tell the provider about blood-thinning medicines, weak bones or nerve conditions.
- [ ] Expect soreness for 24 to 48 hours after hands-on treatment.
- [ ] Combine hands-on treatment with exercise, in line with the NICE guideline.

Notes

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