Choosing between a chiropractor and a physical therapist

Use these steps from the article to pick the right provider for back, neck or joint pain.

- [ ] Check for red flags such as numbness in both legs or bladder changes before booking any visit.
- [ ] Seek emergency care for back pain with chest pain or after a serious accident.
- [ ] Consider a chiropractor or a physical therapist for new back or neck pain with no red flags.
- [ ] Choose a physical therapist for chronic or recurring back pain and for recovery after surgery.
- [ ] Ask the insurance plan about referral and visit rules for both providers.
- [ ] Tell the provider about health conditions, medicines and pregnancy before spinal manipulation.
- [ ] Expect mild soreness or stiffness after an adjustment to fade within about 24 hours.
- [ ] Tell each provider about the other provider's treatment when using both.
- [ ] See a medical doctor when back pain has not improved 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-physical-therapist/