Before seeing a chiropractor with osteoporosis

Use these steps from the article to lower fracture risk and keep osteoporosis treatment on track.

- [ ] Ask the doctor who manages the osteoporosis whether chiropractic care is suitable.
- [ ] Tell the chiropractor about the osteoporosis diagnosis and any past fracture.
- [ ] Bring the DXA report or T-score to the first chiropractic visit.
- [ ] Ask for lower-force methods instead of a quick thrust to the spine or ribs.
- [ ] Stop the session and speak up when any technique causes pain.
- [ ] Keep taking prescribed osteoporosis medicine, since chiropractic care does not raise bone density.
- [ ] Avoid toe touches, sit-ups and forceful twists at the waist.
- [ ] Check with a doctor or physical therapist before starting an exercise program.
- [ ] See a doctor for sudden back pain, height loss or back pain after a minor fall.
- [ ] Seek urgent care for numbness, weakness or loss of bladder or bowel control.

Notes

For general education only. Not a substitute for professional medical advice.