

# Top 5 Benefits of Chiropractic Care

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## 1. Pain Reduction

The first benefit of chiropractic care may be the most impactful- reducing your pain. Before you are living your optimal life, you have to be free of pain.

Multiple research studies have shown that chiropractic is considered one of the most safe and effective treatments to reduce pain from your neck, low back, and more. Even if you are suffering from spinal stenosis, disc herniations, or foraminal encroachment- chiropractic may be able to help.

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## 2. Reduce Headaches

The second health benefit of chiropractic care, especially important if you have struggled with chronic headaches. Researchers have discovered that chiropractic care can reduce the frequency and intensity of headaches.

With over 20 million people suffering from headaches every day, this is a massive development in healthcare! The most common type of headaches includes; tension headaches and migraines. Tension headaches often include neck pain, muscle pain, and facial pain. Migraines are usually throbbing, can cause nausea and light sensitivity, and some even include an aura.

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## 3. Improved Quality of Life

Many people don't go to the doctor when they have pain. They go to the doctor when that pain interferes with their quality of life!

If you have a healthcare issue that is keeping you from enjoying your hobbies, hanging out with friends and family, and limit your ability to perform well at work- then you are likely going to start researching on Google and eventually call a doctor to get answers.

Fortunately, getting back to your active lifestyle, and improving your quality of life (or in science-speak, "functional ability") is one proven benefit of chiropractic care.

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## 4. Reduced Medication Use

Researchers have discovered that people who receive chiropractic care are 49% less likely to fill an opioid prescription. And, in my opinion, if we were able to reduce opioid use by nearly 50% just by helping people get well with chiropractic care- this world would be a different place!

Even what many people consider to be "safe" medications like NSAID's contribute to over 100,000 hospitalizations, and over 3,000 deaths each year. Drugs should rarely be viewed as a first line treatment for spinal pain. Your body is designed to move and recover- so going to a doctor focused on movement and recovery seems like a good idea to not only reduce your medication use but to get the best results possible.

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## 5. Performance

Did you know that every major sports team has a chiropractor available to their athletes to help with injury prevention and sports performance?

That's right, teams in the NFL, MLB, NBA, and NHL all have chiropractors integrated into their healthcare team to keep their athletes performing at their top level all season long.

No one can perform their best when in pain, so chiropractors are used to keeping the athletes feeling good, but with a focus and eye towards sport-specific performance.