

# **About the importance of always remaining true to one's values and proudly celebrating our achievements in the world of primary care health professions.**

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The chiropractic profession is young in the history of science and health professions in the world. A modest beginning, in 1895, USA, in Iowa, in Davenport. A self-taught, scholar, healer, magnetizer, as he describes himself, "Dr. D.D. Palmer, Magnetic Healer". While treating one of his patients, who had suffered from deafness since he had injured his back while straining in a squatting position, he noticed on examination a vertebra which seemed "displaced" from its normal position. Using his hand, with precise contact (pisiform), he performed a rapid maneuver, aimed at correcting this spinal malposition. Sometime later, his patient Harvey Lillard regained his hearing... Another of his patients, Reverend Samuel Weed, suggested to him the word "Chiropractic" from the Greek, cheir, "hand" and praxis, "practice", which means "done by hand." He postulated that several health problems could be caused by such disturbances, which were later referred to as "Subluxations". Today, science distinguishes between a "Medical Subluxation" and a "Chiropractic Subluxation". Even the WHO, the World Health

Organization, recognizes the specificity of this term in a monograph where it clarifies this terminological problem. See: [https://www.wfc.org/website/images/wfc/who\\_guidelines/who\\_guidelines\\_french.pdf](https://www.wfc.org/website/images/wfc/who_guidelines/who_guidelines_french.pdf)

In the introduction, we read this:

“The chiropractic profession is now practiced around the world and regulated by law in some 40 countries. As a health service, chiropractic offers a conservative approach to care and, although it requires qualified practitioners, it does not always rely on ancillary staff, therefore generating very little additional cost. One of the advantages of chiropractic could therefore be cost-effective treatment of neuromusculoskeletal disorders. The World Health Organization (WHO) encourages and supports countries to use safe and effective medicines, products and practices within their national health services. In light of what has been said above, it is necessary to develop guiding principles regarding chiropractic training and good practice of this approach to health, including information on its indications and contraindications. »

According to Dr. David Eisenberg, of Harvard Medical School and the Osher Foundation, among alternative and complementary approaches in the United States, the chiropractic approach is the most popular and used. See: Eisenberg D, et al. Trends in alternative medicine use in the United States, 1990–1997: results of a follow-up national survey. 1998;280(18):1569–1575. [PubMed] [Google Scholar]

A Gallup poll in the United States confirms that 13.7% of Americans, or 33.6 million patients, consulted a Doctor of Chiropractic in the USA in 2015.

The WHO gives these following definitions:

**Chiropractic** : Health profession concerned with the diagnosis, treatment and prevention of disorders of the neuromusculoskeletal system, as well as the effects of these disorders on general health. The emphasis is placed on manual techniques, including joint adjustment and/or manipulation, and particularly on subluxations.

**Chiropractic subluxation:** Injury or dysfunction of a joint or intervertebral segment whose alignment, integrity of movement and/or physiological function are altered although contact between the surfaces of the joint is intact. It is essentially a functional entity that can influence biomechanical and neurological integrity.

**Subluxation Complex (vertebral):** Theoretical model and description of joint segment dysfunction that takes into account the interaction of pathological changes in nervous, muscular, ligamentous, vascular and connective tissues. For conventional medicine, subluxation is an important structural displacement that can be detected by static visualization.

**Chiropractic adjustment:** Any chiropractic procedure using primarily controlled force, pressure, direction, amplitude and velocity, which is

applied to joints and adjacent tissues. Chiropractors use these actions to act on joint and neurophysiological function.

**Joint manipulation:** Manual procedure by which, by means of a directed impulse, a joint is made to move beyond its physiological limits of movement without, however, exceeding its anatomical limits.

**Spinal Manipulative Therapies:** All procedures where hands or a mechanical device are used to mobilize, adjust, manipulate, stretch, massage, stimulate, or otherwise act on the spine and paraspinal muscles to improve the health of the patient.

Now let's look at what the WHO has written in its document about the

***Philosophy of Chiropractic and its fundamental principles:***

“Chiropractic is a curative and preventive health profession. It diagnoses and treats disorders of the neuromusculoskeletal system as well as the effect of these disorders on general health. Emphasis is placed on manual techniques, including joint adjustment and/or manipulation, for the care of subluxations. Chiropractic is a health profession concerned with the diagnosis, treatment and prevention of disorders of the neuromusculoskeletal system, as well as the effects of these disorders on general health. The emphasis is placed on manual techniques, including joint adjustment and/or manipulation, and particularly on subluxations. The concepts and principles that distinguish and differentiate the philosophy of chiropractic from other health professions are of great importance to most chiropractors and significantly influence their attitude

and approach to health care. For the majority of practitioners in this profession, the philosophy of chiropractic encompasses, but is not limited to, the concepts of holism, vitalism, naturalism, conservatism, critical rationalism, humanism and ethics. The relationship between structure, particularly the spine and musculoskeletal system, and function, primarily as coordinated by the nervous system, is central to chiropractic and the method it employs to restore and preserve health. It is hypothesized that functional mechanical disorders of the spine called subluxations or vertebral subluxation complex by chiropractors can have considerable neurophysiological consequences. Chiropractic favors conservative management of the neuromusculoskeletal system and does not use medications or surgery. The biopsychosocial causes and consequences are also important factors in patient care. As first contact practitioners, chiropractors never neglect, whenever necessary, to refer patients to other care providers.

Chiropractic practice involves a range of general and selective diagnostic methods, including skeletal imaging, laboratory testing, orthopedic and neurological assessments, and tactile perception and observation. To treat patients, the chiropractor uses spinal adjustment and other manual therapies, rehabilitation exercises, supports and adjuncts, and instructs and advises them. Chiropractic emphasizes conservative management of the neuromusculoskeletal system, without resorting to medications or surgery.



A text adapted from several sources, in particular:

1. the document “WHO Guidelines for Basic Education and Safety in Chiropractic”, World Health Organization 2005.

[https://www.wfc.org/website/images/wfc/who\\_guidelines/who\\_guidelines\\_english.pdf](https://www.wfc.org/website/images/wfc/who_guidelines/who_guidelines_english.pdf)

2. the book: “CHIROPRACTIC History and Evolution of a New Profession”, Dr. Walter I. Wardwell, PhD. Professor Emeritus, Department of Sociology, University of Connecticut, Storrs, Connecticut. 1992

3. the book: “Chiropractic, Contribution to the history of a marginalized discipline”, Dr Pierre-Louis Gaucher-Peslherbe, DC, PhD, Doctor of History, École des Hautes Études en Sciences Sociales, Paris, France.

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