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# HAMMES

## FAMILY CHIROPRACTIC

## History of Chiropractic Care

The roots of chiropractic care can be traced all the way back to the beginning of recorded time. Writings from China and Greece written in 2700 B.C. and 1500 B.C. mention spinal manipulation and the maneuvering of the lower extremities to ease low back pain. Hippocrates, the Greek physician, who lived from 460 to 357 B.C., also published texts detailing the importance of chiropractic care. In one of his writings he declares, "Get knowledge of the spine, for this is the requisite for many diseases".

In the US Chiropractic Care started in Davenport, Iowa where in 1895 Daniel David Palmer published a series of articles in the medical journals of the time. In 1897 he then founded the first school of chiropractic the "Palmer School of Chiropractic" which is still one of the most premier chiropractic colleges in



**While Tiffany Minter is new to the field of chiropractic care, she is an avid believer of the health benefits of not only adults but children as well. Tiffany graduated from Wilmot High School in 2004 and continued her**

the nation.

By the end of the twentieth century chiropractic doctors gained legal recognition in all 50 states. With chiropractic care quickly growing support throughout the US it has led to more open world discoveries about the profession. In 1993 a study in Canada was published about the cost effectiveness of chiropractic care, this study concluded that chiropractic care would save hundreds of millions of dollars annually with regard to work disability payments and direct health care costs.

Doctors of chiropractic must complete 4-5 years at an accredited chiropractic college. The complete curriculum includes a minimum of 4,200 hours of classroom, laboratory and clinical experience. Approximately 555 hours are devoted to learning about adjustive techniques and spinal analysis. The Council on Chiropractic Education requires that students have 90 hours of undergraduate courses with science as the focus.

Those intending to become doctors of chiropractic must also pass the national board exam and all exams required by the state in which the individual wishes to practice. The individual must also meet all individual state licensing requirements in order to become a doctor of chiropractic.

Doctors of chiropractic have become pioneers in the field of non-invasive care promoting science-based approaches to a variety of ailments. As a profession, the primary belief is in natural and conservative methods of health care. Doctors of chiropractic have a deep respect for the human body's ability to heal itself without the use of surgery or medication.

**Remember that we are always here to help you develop a program that will keep you healthy.**

**education in Stevens Point, WI. She received her A.A.S in both Business Management and Marketing. Tiffany is passionate about animals and an advocate against animal abuse. She also is a firm believer in living a fulfilling, healthy, active lifestyle; while contributing positively to the health of the world and those around her. Future goals for Tiffany include mission trips to 3rd world countries that involve bringing chiropractic care to the less fortunate that don't have the means for modern medicine. In her free time, you can find Tiffany playing with her son, Tallen; visiting local restaurants in the area, hiking/running the many trails of Madison, and being**

**Bottom line our goal is always "Quality Care,  
To Feel Better, To Heal Better".**

**active in the  
community**

References:

American Chiropractic Association - [http://www.acatoday.org/level3\\_css.cfm?  
T1ID=13&T2ID=61&T3ID=149](http://www.acatoday.org/level3_css.cfm?T1ID=13&T2ID=61&T3ID=149)

## **Next Months Topic: Science of Neck Paine**

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