

Should I See a Chiropractor vs. Physiotherapist for Neck Pain?

Kalyani Tadakamala*

Osmania University, Hyderabad, India

Introduction

Experts estimate that up to 75% of the global population suffers from neck pain. That makes this pain disorder one among the foremost common musculoskeletal conditions within the world.

Do you suffer from neck pain? Then you're probably wondering: should I see a chiropractor or a physiotherapist? After all, both professionals concentrate on treating musculoskeletal disorders.

Today, we're guiding you through the chiropractor vs. physiotherapist distinction. That way, you'll feel confident choosing the simplest professional for your unique needs. Keep reading for everything you need to know.

Chiropractor or Physiotherapist: What's the Difference?

Chiropractors and physiotherapists have a lot in common. Both professionals concentrate on treating pain without surgical intervention. They even treat equivalent sorts of conditions, including neck pain.

But what exactly does a chiropractor do? And how does that differ from what a physiotherapist does? We're breaking down the difference next.

Chiropractors are licensed health care professionals. After getting an undergraduate degree, these professionals attend five years of medical education. During this point, chiropractors learn all about spinal health.

Studying to become a chiropractor is highly specialized. Chiropractors only use their training to treat disorders of the spine. This also makes them spinal experts, ideal for conditions that other specialists have trouble treating.

What Does a Chiropractor Do?: Chiropractors' main goal is to revive normal spinal function. The technique chiropractors use to realize this goal is named chiropractic. Chiropractic incorporates body massage and delicate adjustments of the spine.

These non-intensive treatments help to reduce all kinds of pain, including:

- back pain, Knee, hip, and elbow joint pain, Headaches

Of course, chiropractors can also treat neck pain. They do so by first evaluating a patient's medical record and performing functional exams. The patient will then receive spinal adjustments to assist with the pain.

Chiropractors don't just use chiropractic techniques, though. They also recommend home exercise plans and lifestyle changes to treat patients' conditions.

What Is a Physiotherapist?: Physiotherapists are also known as physical therapists (PTs).

During their DPT education, physical therapists learn a broad scope of techniques. As such, these professionals can treat a good array of conditions and complaints. But that also grants PTs less expertise when it involves treating disorders of the spine.

What Does a Physiotherapist Do?: Physical therapy involves developing individualized care for patients with movement disorders. These care plans will include exercises and stretching routines to try to reception. Importantly, physiotherapy care focuses on the health of the soft tissue surrounding the spine.

The goal of physical therapy isn't just to reduce pain. Many people see physiotherapists after an injury or accident. That's because the techniques PTs use can help people regain movement and stop future injuries.

Physiotherapists also commonly treat patients with movement disorders like:

- Arthritis, multiple sclerosis (MS), Parkinson's, stroke, chronic obstructive pulmonary disease (COPD).

Like chiropractors, PTs educate patients about lifestyle changes they will make to scale back pain.

Benefits of Seeing a Chiropractor vs. Physiotherapist for Neck Pain

Going to see a chiropractor or physiotherapist is an excellent idea if you're dealing with neck pain. Both health care professionals will go through your medical history and give you a musculoskeletal exam.

If you would like any x-rays performed, both chiropractors and physiotherapists are trained to deliver them. After diagnosis, you'll receive a treatment plan. This treatment plan could change over time as you get closer to your goals. Many people use physiotherapy and chiropractic to alleviate their neck pain. But why should you choose a chiropractor over a PT? Here are a few reasons to consider.

Chiropractors Specialize in Spinal Disorders

Remember once we mentioned that chiropractors only study the spine in school? For some conditions, this can be disadvantageous. But their education also makes chiropractors experts at treating spinal disorders.

It's well-known that problems within the spine can cause neck pain. Getting your spine adjusted at a chiropractor's office can help eliminate your neck pain once and for all.

***Address for Correspondence:** Naureen Fathima, Department of physiotherapy, Liaquat national school of physiotherapy, Pakistan, E-mail: Naureenfathima@edu.pk

Copyright: © 2021 Naureen Fathima. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received 18 June 2021; **Accepted** 03 July 2021; **Published** 10 July 2021

How to cite this article: Tadakamala K. "Should I See a Chiropractor vs. Physiotherapist for Neck Pain?". *Physiother Rehabil* 6 (2021):229.