

Sharing the care: getting to know your team



Chiropractic care

Chiropractors focus on the diagnosis, management and prevention of mechanical disorders of the neuromusculoskeletal system; in particular the proper movement of the spine and the effects these disorders can have on how the nervous system controls and coordinates the body and maintains general health.

Chiropractors in Australia are nationally registered healthcare professionals, being registered by the Chiropractic Board of Australia under the Australian Health Practitioner Regulation Agency (AHPRA). Like all other registered health care providers, chiropractors must adhere to national law and profession specific codes of conduct and guidelines.

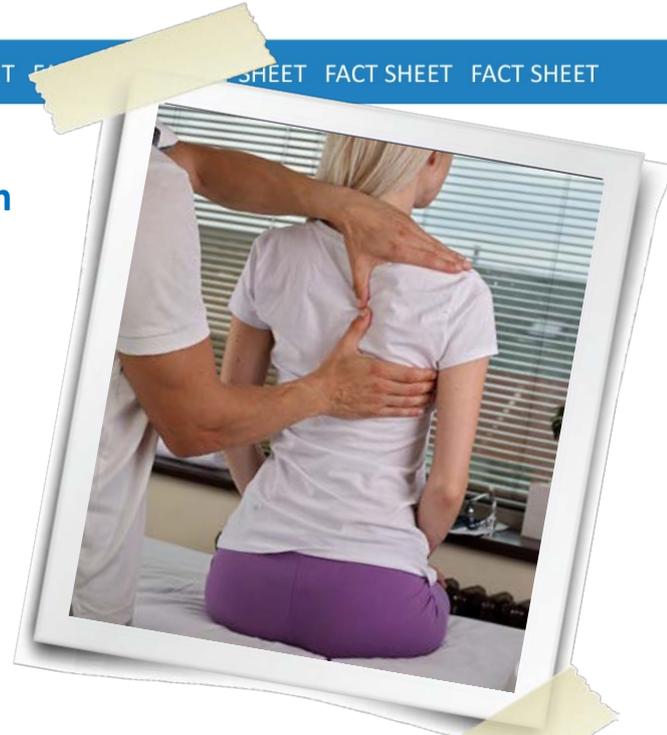
Australian chiropractors are highly qualified healthcare professionals who study at university for a minimum of five years and are constantly improving their skill set through continuing education in order to provide better care.

Chiropractic care is founded in a philosophy that honours the healing ability of each individual person and embraces advances in science formed through best evidence.

Modern Australian chiropractic is a patient centric, drug and surgery free modality of treatment based on the premise that the body can respond appropriately to its environment provided that the nervous system is free of interference.

Further information

- Chiropractors Association of Australia
<http://caaq.com.au/>



Referral information

General Practitioners can refer patients with a chronic disease to most chiropractors through Medicare Benefits Schedule Team Care Arrangements (for up to five visits per year). While this is often not sufficient to completely manage an individual's case for the year it can supplement private care arrangements, or health insurance rebates via systems like HICAPs. Many chiropractors also care for Department of Veterans Affairs or Workcover cases too.

Chiropractors recognise the value and responsibility of working in cooperation with other health care professionals in the best interest of the patient. Team Care Arrangements are now common place in chiropractic offices, where chiropractors work in conjunction with the patient's GP, specialist, disability coordinator, paediatrician or physiotherapist to achieve the best outcomes possible for that person.

Find a chiropractor

Visit the Chiropractors Association of Australia website and use the 'Locate a Chiropractor' function

www.caaq.com.au



This activity is supported by funding from the Australian Government under the PHN Program

Costs

Patients with complex chronic conditions can access a Team Care Arrangement that may include an out of pocket expense (Medicare rebate is \$52.95 as at June 2018).

It is important to talk to your patient about possible gap fees and that they may not receive 'five free allied health visits' through their team care arrangement. Out of pocket costs will vary depending on the provider, so explaining this when formulating the team care arrangement and making the referral will avoid any unexpected costs for the patient. Private health can also be utilised by patients to cover costs of consultations.

When a patient presents with biomechanical pains, or dysfunctional movement patterns may be present, a referral to a local chiropractor may be an option. Other common signs of neuro-musculo-skeletal dysfunction are headaches and migraines, sciatic or referred pain down the limbs, or injuries sustained during sport or exercise.

During the first visit a detailed health and medical history is undertaken. The chiropractor then performs a neuro-musculo-skeletal examination that includes postural assessment, motion palpation, range of motion testing, and orthopaedic testing appropriate to the case. Some chiropractors also perform other testing procedures specific to their technique or training such as advanced neurological assessment, EMG, surface thermal scanning, and pulse wave profile tests.

Chiropractors are licenced to refer for x-ray assessment, or to take their own x-rays if they have the necessary equipment. Certain x-ray views are also claimable under the MBS when referred by a chiropractor.

By locating areas of the body where the neuro-musculo-skeletal system has become dysfunctional through trauma, repetitive stress or poor habits, chiropractors can help improve function via a range of different treatment modalities. These approaches include traditional manual chiropractic adjustments using hands, soft tissue work, stretching rehabilitation techniques and advice on exercises, hot or cold therapy and more. Techniques are adapted to be appropriate for the person that is being cared for.

Internationally and within Australia chiropractic care has a stellar safety record, and high patient satisfaction scores related to outcome measurement, and quality of care provided.

Your feedback

The video series that accompanies this fact sheet has been developed to assist health professionals to increase their knowledge and awareness of the many diverse allied health disciplines, sub-specialties, and referral pathways in primary care to improve patient outcomes in our community.

If you have any questions or feedback please email: alliedhealth@bsphn.org.au

