

Wellness, Health Promotion and Prevention

Chiropractic best-practice recommendations indicate that DCs should provide patients with appropriate counseling on health promotion and disease prevention that is consistent with recommendations from agencies such as the US Preventive Services Task Force.¹⁻³

DCs should screen patients for obesity/overweight by obtaining a body mass index; physical inactivity; tobacco use and hypertension. They should counsel those with risk factors on tobacco cessation, physical activity, weight management and healthy diet.²

“Chiropractic care provided for the purpose of preventing disease, optimizing function, and supporting the patient's wellness-related activities is best termed wellness care, although the term preventive care may also be appropriate.”²

“Optimizing levels of function” indicates multiple approaches, including chiropractic adjustments and other manual procedures, and advice on exercise, nutrition, stress and other lifestyle factors.⁴

References

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2. Hawk C, Schneider M, Evans MW, Jr., Redwood D. [Consensus process to develop a best-practice document on the role of chiropractic care in health promotion, disease prevention, and wellness](#). *J Manipulative Physiol Ther*. Sep 2012;35(7):556-567.
3. Hawk C, Schneider M, Ferrance RJ, Hewitt E, Van Loon M, Tanis L. [Best practices recommendations for chiropractic care for infants, children, and adolescents: results of a consensus process](#). *J Manipulative Physiol Ther*. Oct 2009;32(8):639-647.
4. Dehen MD, Whalen WM, Farabaugh RJ, Hawk C. [Consensus terminology for stages of care: acute, chronic, recurrent, and wellness](#). *J Manipulative Physiol Ther*. Jul-Aug 2010;33(6):458-463.