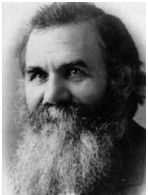
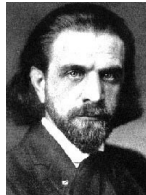




HANDS ON health  
— CHIROPRACTIC —



Daniel David Palmer  
Chiropractic's Founder  
1845 - 1913



Bartlett Joshua Palmer  
Chiropractic's Developer  
1881 - 1961

## Where Chiropractic Began - A Brief History

'Chiropractic' is derived from the Greek word 'kheir' and 'praxis', meaning 'to do by hand'. This describes chiropractic as a drug-free, natural, non-invasive science.

The use of manipulation has been documented for almost 4000 years, first in China and Greece.

Hippocrates (400 BC) was the first person to link spinal misalignment with ill health and there are records of spinal manipulation for back problems since that time.

Modern Chiropractic was founded in 1895 by Daniel David Palmer in Davenport, Iowa. He came up with the term chiropractic and founded the first Chiropractic teaching school in 1897. Chiropractic reached the UK in the early 1900's. Over the past hundred years chiropractic has expanded to become the world's third largest health care profession after medicine and dentistry.

- The first pictures depicting spinal manipulation were discovered in prehistoric cave paintings in Point le Merd in south-western France dating back to 17,500 BC.
- The ancient Chinese were using manipulation in 2700 BC
- Ancient Japanese, Egyptians, Babylonians, Hindus, Tibetans and Syrians all practiced spinal manipulation.
- The Egyptians were very concerned with correcting the Spine.
- Hippocrates was a Greek physician who died in 377 BC, he believed that only nature could heal and it was the physician's duty to remove any obstruction that would prevent the body from healing.  
" Get knowledge of the spine, for this is the requisite of all diseases."

- In 1895, David Daniel Palmer discovered the specific spinal adjustments that Chiropractors use today. His first specific spinal adjustment was on a deaf janitor who had lost his hearing after he had heard his back “pop” while working. DD Palmer deduced that the back injury and the loss of hearing must be connected. The janitor’s hearing was restored once the adjustment had been performed.
- David Daniel Palmer quoted in 1895: “I am not the first to replace subluxated vertebrae, but I do claim to be the first person to replace displaced vertebrae by using the spinous processes and transverse processes as levers... and to develop the philosophy and science of chiropractic adjustments”
- Up until 1895, other manipulation techniques were crude and misunderstood.
- Often surprised at the effectiveness of his adjustments, D.D. Palmer returned to his studies of anatomy and physiology to learn more about the vital connection between the spine and one's health.
- DD Palmer realised that spinal adjustments could correct vertebral misalignments (subluxations), thus eliminating the nerve interference causing the patients' complaints.
- In 1905, the medical establishment won a minor victory when they conspired to have DD Palmer indicated for practicing medicine without a license. He was sentenced to 105 days in jail and a \$350 fine.
- DD Plamer opened the first Chiropractic College in 1895.

BJ Palmer was DD Palmer’s son and graduated from Palmer College of Chiropractic in 1902. He was then the president of the College from 1905 -1961.

BJ Palmer was responsible for promoting and establishing the profession after the death of his father DD Palmer.

Although the profession has advanced tremendously since the days of D.D. and B.J. Palmer, the basic tenets and understanding of Chiropractic as a drug-free method of health care allowing the body to heal itself, still remains.