Chiropractic Health Month 2026

WHEREAS, the musculoskeletal system is made up of more than 300 joints that enable our bodies to move and engage in physical activity as well as activities of daily living; and

WHEREAS, physical activity is considered one of the most powerful contributors to health and longevity, enhancing both cardiovascular and metabolic health; and

WHEREAS, joint and musculoskeletal health are essential components of health aging, enabling people to move, work and live independently longer; and

WHEREAS, doctors of chiropractic are experts in musculoskeletal health and provide an evidence-based, nondrug approach to enhancing joint health that goes beyond symptoms and addresses joint dysfunction and pain at the source; and

WHEREAS, chiropractors provide safe and effective care to millions of patients each year for back pain, neck pain, joint pain, tension headaches, and other common musculoskeletal conditions, along with advice on nutrition, injury prevention, ergonomics, and lifestyle modifications that support optima health and wellness; and

WHEREAS, a growing body of research now demonstrates that receiving chiropractic care first for common musculoskeletal conditions may reduce or eliminate the need for riskier and more invasive interventions, and leading healthcare organizations such as the Centers for Disease Control and Prevention, the American College of Physicians, and the World Health Organization also recommend nondrug approaches as first-line treatment for many musculoskeletal conditions;

THEREFORE, BE IT RESOLVED THAT the {state/city} of {insert name of city or state} officially joins with the Texas Chiropractic Association and American Chiropractic Association in acknowledging the value of chiropractic's nondrug approach to joint health by proclaiming the month of October 2026 as Chiropractic Health Month.

Signature: _____