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**Governor Youngkin Proclaims October Chiropractic Health Month in Virginia
*Doctors of Chiropractic Cited as Experts in Musculoskeletal Health***

Alexandria, VA – Citing the importance of a strong musculoskeletal (MSK) system for optimal health across the lifespan and recognizing that doctors of chiropractic medicine are experts in musculoskeletal health, Governor Glenn Youngkin has declared October CHIROPRACTIC HEALTH MONTH in the Commonwealth of Virginia, a first for the state.

The Proclamation notes that in the U.S., musculoskeletal conditions are a common cause of chronic pain and result in more than 130 million healthcare visits annually, making them the No. 1 reason people visit their doctor.

Doctors of chiropractic are experts in musculoskeletal health and offer a variety of non-drug approaches to treat common musculoskeletal conditions such as back pain, along with advice on nutrition, injury prevention, ergonomics, and lifestyle modifications for optimal health and wellness. The UVCA notes that in the State of Virginia, doctors of chiropractic are regulated by the Virginia Board of Medicine.

The Proclamation was initiated by Unified Virginia Chiropractic Association (UVCA) member Alli Totzke, DC, of Montpelier Family Chiropractic in Montpelier, Va., which will celebrate 20 years of providing chiropractic care for the whole family in 2025. Dr. Totzke stated:

“I’m so excited to have the support of our governor for National Chiropractic Health Month in Virginia! It’s imperative as we move forward from Covid to continue to improve our public health awareness, including that of musculoskeletal healthcare like chiropractic. We hope this is the first of many annual recognitions for NCHM in the future.”

To show support from the chiropractic community for the Proclamation and raise awareness about the public health benefits of chiropractic, Totzke is coordinating a “Pass the Proclamation” initiative, with the document traveling to different chiropractic offices throughout the state for doctors to share it with their patients and showcase what is happening in their practices.

National Chiropractic Health Month (NCHM) is a nationwide observance held each October to raise public awareness of the benefits of chiropractic care and its natural, whole-person, patient-centered and drug-free approach to health and wellness. The 2024 theme from the American Chiropractic Association, “Plan for a Strong Healthspan,” defines healthspan as the years lived without major chronic illnesses or disabilities and focuses on how musculoskeletal health through chiropractic care makes it possible for people to stay physically active, reduce the risk of falls, engage in daily activities and remain independent.

The Proclamation reminds Citizens of Virginia that chiropractors can help maintain their musculoskeletal health throughout their lifetime, contributing to a strong healthspan.

About the UVCA: Celebrating its 100th Anniversary in 2025, the Virginia Chiropractic Association was established in 1925 and unified with the Virginia Society of Chiropractic in 2009. The UVCA is a non-profit organization that is committed to helping Doctors of Chiropractic deliver exceptional care, as well as improving and advancing public health and well-being in the Commonwealth. For more information visit www.virginiachiropractic.org.