

CHIROPRACTIC & HEALTH

A Natural Connection

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Groundbreaking Research by Medical Doctor Finds Chiropractic Care Significantly Better than Medical or Physiotherapy Care

Cifuentes, M., M.D., Ph.D. et al. (2011) Health Maintenance Care in Work-Related Low Back Pain and Its Association With Disability Recurrence. JOEM (53): 396-404

QUOTE BOARD:

"In our study, after controlling for demographics and severity indicators, the likelihood of recurrent disability due to LBP for recipients of services during the health maintenance care period by all other provider groups was consistently worse when compared with recipients of health maintenance care by chiropractors."

"This clear trend deserves some attention considering that chiropractors are the only group of providers who explicitly state that they have an effective treatment approach to maintain health."



Key Concepts:

In this study conducted by a medical doctor patients treated by a physical therapist were 200% more likely to have an injury recurrence than those treated by a chiropractor and patients seen by a medical physician were 270% more likely to have a recurrence. Patients seen by chiropractors also had significantly less use of opioids and fewer surgeries.

Think of this applied to millions of patients per year and think of the difference in lost work days, healthcare costs, increased surgeries, increased opioid addiction, and decreased quality of life. It really is incredulous that we still have a system that pushes patients away from chiropractors and toward physicians and physical therapy for spinal health care.

Key Take Home Points:

The reason chiropractic care gets superior results is because chiropractic care addresses the most common cause of back pain and spinal health issues - a lack of proper segmental motion. Chiropractic adjustment is the only intervention that can restore and maintain segmental motion. No drug, surgery, or passive physical therapy modality restores motion and that is why they are less effective. It's not magic, it's motion!



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