

PROVEN BENEFITS OF CHIROPRACTIC CARE AND SPINAL MANIPULATION

The following quotes are from the highly respected medical journal, *Physical Medicine and Rehabilitation Clinics*.

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Patients who saw a chiropractor had half the risk of filling an opioid prescription.

64%

Patients participating in chiropractic care were 64% less likely to receive an opioid prescription than nonusers.

20%

The cost per episode of care for low back pain was 20% less when care was initiated with a chiropractor rather than a medical physician.



When care was initiated with a chiropractor, patients saw fewer total health care providers throughout their episode of care.

In Medicare-aged patients, expenditure was greatest among those who used medical care alone whereas patients engaging in spinal manipulation had the lowest overall expenditure, shorter episode of care, and lower cost per episode-day.



The risk of injury within seven days in patients receiving manipulation from a chiropractor was lower compared with primary care.



Patients who received chiropractic in addition to usual medical care reported a significant improvement in back pain intensity and disability at 6 weeks compared with those with usual medical care alone.



Spinal manipulation generally is a safe modality to include in spine treatment and was associated with rare minor harms. (i.e., soreness)



Spinal manipulation has become an attractive modality due to its role in mitigating cost, decreasing opioid prescriptions, and shortening episodes of care.



Source: Hinkeldey N, Okamoto C, Khan J. Spinal Manipulation and Select Manual Therapies: Current Perspectives. *Physical Medicine and Rehabilitation Clinics*. 2020 Nov 1;31(4):593-608.