

OPTIMAL HEALTH UNIVERSITY™

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The Ideal Solution for Low-Back Pain

Back pain is a common health complaint, second only to upper respiratory infections as a reason to seek help from a health-care provider. It is also culpable for more days of sick leave and disability than any other health problem.

Many people who suffer from back pain — particularly low-back pain (LBP) — turn to medication to find relief. However, these drugs carry a host of side-effects and provide only short-term relief. Fortunately, there is a proven drug-free way to alleviate low-back pain and prevent it from recurring: Chiropractic care. Your doctor at Duluth MultiCare explains how chiropractic relieves LBP and why it is the superior therapy choice.



Effective and Popular

Chiropractic is a safe and proven form of therapy for LBP. This revolutionary approach focuses on correcting dysfunctional areas in the spine called *vertebral subluxations*. Your doctor at Duluth MultiCare removes vertebral subluxations with gentle and effective maneuvers called *chiropractic adjustments*.

Chiropractic is one of the most popular and respected therapies under the umbrella of complementary and alter-

native medicine (CAM). In a recent survey, the majority of patients who turned to CAM for back pain felt that conventional medical treatment had not helped while CAM effectively relieved their pain. Chiropractic was perceived as the most effective CAM therapy (*J Am Board Fam Med* 2010;23:354-62).

Reduce Pain and Recovery Time

Your doctor at Duluth MultiCare knows that low-back pain, although quite common, can be debilitat-

ing. Study after study shows the efficacy of chiropractic adjustments — whether used alone in or in tandem with other regimens — as a therapy for LBP.

Chiropractic diminishes pain, reduces recovery time and cuts down the need for medication and physical therapy (*Orthopedics Today* 2003;23:14-15). One investigation followed LBP patients who underwent different forms of therapy over a four-week period. Those who received chiropractic adjustments experienced up to a 67 percent reduction in pain. They also had significantly shorter periods of disability related to their LBP (*J Manipulative Physiol Ther* 2000;23:307).

Another investigation of work-related, low-back injuries showed that patients referred to chiropractic care were able to return to their regular work activities more quickly and with less pain (*J Manipulative Physiol Ther* 2009;32:765-71). When ongoing wellness care is obtained, chiropractic also shows excellent results in protecting the back against relapse (*Chiropr Osteopat* 2009;17:6).

Safer and More Effective Than Conventional Medicine

Many individuals who suffer from LBP reach for over-the-counter pain medications or seek out prescription drugs. This concerns your doctor at Duluth MultiCare since multiple studies have found that pain medication not only causes a variety of undesired side effects, but is minimally effective in treating back pain (*Expert Opin Pharmacother* 2004;5:2091-8).

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On the other hand, in a survey of over 2,000 adults, 61 percent of those using chiropractic care reported that it had been “very helpful” in relieving back pain. In contrast, only 27 percent of conventional medicine patients said the same of their treatment (*Spine* 2003;28:292-7).

Non-steroidal anti-inflammatory drugs (NSAIDs) are a popular back-pain treatment in the world of conventional medicine. Researchers compared the results of these drugs versus chiropractic care for LBP patients.

Those receiving conventional medical treatment with NSAIDs experienced negligible improvement in pain severity and functional disability.

In contrast, chiropractic patients — after an average of just four adjustments — reported a 31 percent drop in severity of pain and a 29 percent reduction in disability. Furthermore, the chiropractic patients showed half the pain-related distress of medical patients (*J Manipulative Physiol Ther* 2000;23:239).

NSAIDs also underperformed in a review of studies comparing therapies for chronic low-back pain. Researchers compared chiropractic adjustments plus exercise to NSAIDs plus physical therapy and exercise. Considering both short-term and long-term outcomes, chiropractic emerged as the most effective choice for reducing disability (*J Manipulative Physiol Ther* 2008;31:659-74).

This is good news for LBP sufferers because long-term NSAID use can lead to a variety of gastrointestinal problems including ulcers and stomach bleeding. The risk of such problems is amplified by factors including older age, a history of ulcers and use of certain other medications.

Another investigation of low-back pain looked at the efficacy of muscle relaxants versus chiropractic care for

subacute LBP. Patient outcomes were measured in terms of severity of pain. Chiropractic definitively reduced pain severity more than muscle relaxants (*J Manipulative Physiol Ther* 2004;27:388-98).

The use of muscle relaxants should be considered with great caution — besides causing drowsiness and dizziness, they carry risk of dependence and major withdrawal complications from vomiting to hallucinations and delusions.

Medical doctors sometimes administer steroid injections to alleviate acute LBP. These injections can lead to severe complications such as infection or herniated disk. However, in a four-month study comparing range of motion in patients receiving steroid injections to patients receiving chiropractic adjustments, chiropractic won yet again. The group undergoing chiropractic care exhibited significantly less pain and restricted motion (*Spine* 1994;19:569-77).

A Cost-Efficient Choice

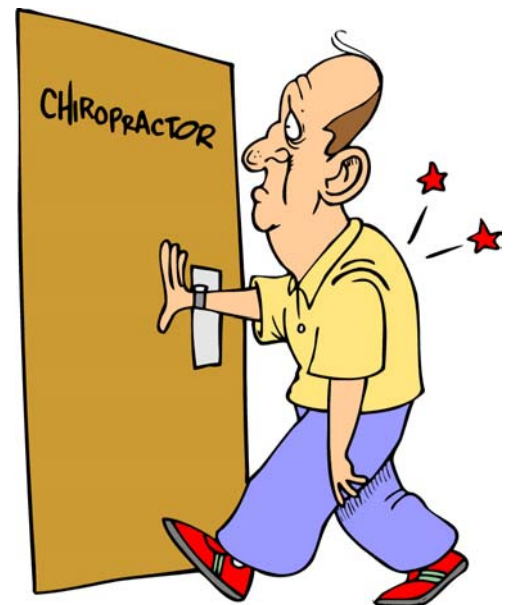
In addition to the benefits already described, chiropractic care for low-back pain is a wallet-friendly option. A review of median costs for health services revealed that chiropractic care is comparable in cost to medical primary care. And it is substantially less expensive than medical nonprimary care.

In other words, it costs about the same to visit a chiropractor for your LBP as it does to visit a family doctor. If your family doctor refers you to a specialist, however, that visit will be considerably more costly than chiropractic care (*J Manipulative Physiol Ther* 2009;32:734-9).

When you consider the shorter disability time that chiropractic adjustments afford, the costs of lost time and wages make chiropractic even more attractive for the budget-minded patient.

Turn to Chiropractic First

If you suffer from low-back pain, make our office your first stop on the road to recovery. Chiropractic care swiftly alleviates LBP for many patients. What’s more, it is all natural. So, before risking your long-term health with risky medication or surgery, give chiropractic a try. Schedule an appointment with us today for an evaluation.



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