

## 12 Reasons why chiropractic is the BEST choice for back pain

*Chiropractic is a great way to naturally and safely improve your health.*

Over the last few years, many studies have been published in medical literature that shows that chiropractic is the best choice for patients who suffer from acute or chronic back pain:

### 1. The AMA Recommends chiropractic before surgery

Surgery always carries risk and should be avoided, if possible.

This landmark article from the [JAMA](#) explains how patients should try chiropractic before resorting to surgical intervention.



### 2. Chiropractic helps you avoid surgery

This study from the journal [Spine](#) found that patients who used chiropractors were less likely to have surgery for their back pain.

Seeing a chiropractor **CAN** help you avoid back surgery, according to a [new study](#) documented in *Spine*. Researchers studied nearly 2,000 injured workers with back pain, and found that the health-care provider significantly affected a patient's likelihood of receiving surgery.

People who initially visited their medical doctor for their back pain were more likely to have an operation than people who visited a chiropractor. Nearly 43% of medical patients had surgery compared to just 1.5% of chiropractic patients. That means medical patients were 28 times more likely have surgery.

**Instead of depending on pain medication and expensive procedures, chiropractic patients improved through natural treatments that addressed the root of their pain.<sup>1</sup>**

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<sup>1</sup> Keeney BJ, et al. Early predictors of lumbar spine surgery after occupational back injury: results from a prospective study of works in Washington state. *Spine* 2012; doi: 10.1097/BRS.0b013e3182814ed5.

### 3. Chiropractic is better than drugs

Another study from [Spine](#) found that chiropractic patients had better outcomes than patients who used medications for their back pain.

### 4. Chiropractic prevents future cases of back pain

In this [study](#), researchers found that chiropractic helped prevent back pain in patients with work-related injuries.

**If you're searching for back-pain relief, you may wonder, "What makes chiropractic different from traditional treatments?" While chiropractic care has many advantages, from its natural approach to its safety, a key benefit of chiropractic lies in its ability to prevent back pain from recurring.**

Doctors used to believe that acute back pain came in discrete episodes that lasted no longer than 90 days. Recent research suggests that acute back pain often reoccurs, meaning that if you have one episode of back pain you are likely to experience another episode of back pain later in life. This has prompted researchers to investigate ways to break the cycle of back pain.

A 2011 [study](#) suggests that chiropractic can prevent recurring back pain better than traditional treatments. Research shows that patients receiving traditional care relied more heavily on pain medications and were disabled for longer periods of time than chiropractic patients. Those under a physician's care were disabled for an average of 119 days versus 58 days for physical therapy patients and just 49 days for chiropractic patients.

The researchers also examined the period after the initial episode of back pain to determine whether patients suffered from recurring pain. Chiropractic patients were less prone to recurring disability compared to patients in the physician and physical therapy groups. 16.9% of physical therapy patients had recurring disability versus 12.5% of physician patients and just 6.2% of chiropractic patients.

**Chiropractic helps prevent future episodes of back pain by addressing the root cause of your pain, rather than masking the symptoms. If you've suffer from back pain or have chronic symptoms, chiropractic could help. <sup>2</sup>**

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<sup>2</sup> Cifuentes M, Willetts J, Wasiak R. Health maintenance care in work-related low back pain and its association with disability recurrence. *Journal of Occupational and Environmental Medicine* 2011; 53(4): 396-404.

## 5. Chiropractic Saves You Money

A study that [compared chiropractic to medical care](#) found that chiropractic patients spent less on health care than medical patients.

## 6. Chiropractic is More Effective than Epidural Injections for Disc Herniations

[This 2013 study](#) found that back pain patients had better outcomes and lower health care costs with chiropractic than those who had epidural injections for spinal disc herniations.

## 7. Chiropractic Best Option for Sacroiliac Joint Pain

Dysfunction in the sacroiliac joint can cause severe back pain and sciatica. [This study reports a 72% success rate](#) for patient who use chiropractic for SI joint pain.

Dysfunction in the sacroiliac joint (SIJ), located in the pelvis, is thought to be a possible cause of sciatica, resulting in back pain that radiates down the leg and below the knee.

Scientists have questioned what the best treatment option is for patients with SIJ-related leg pain. In a recent study, researchers compared three treatment options: physical therapy, chiropractic manual therapy, and intra-articular injections of corticosteroids. Patients included 51 adults with leg pain associated with the sacroiliac joint. Researchers analysed the effectiveness of each method after 6 weeks of selected treatments, and again after 12 weeks. The results for each patient was categorised as either a success or failure, based on relief or worsening of symptoms and average pain scores.

The study's findings revealed that manual therapy is the superior choice for treating leg pain associated with the SIJ. The success rate for chiropractic manual therapy was 72%, compared to just 20% for physiotherapy and 50% for corticosteroid injections. Researchers also found that neither physical therapy nor injections resulted in significant pain relief, whereas manual therapy resulted in a significant improvement on pain scores.

Due to the success rate and pain reduction of manual therapy, the study authors concluded that chiropractic should be the first treatment of choice in patients with SIJ-related leg pain. They hoped that their findings would be confirmed by further research with a larger sample size. Additional [research](#) has highlighted the efficacy of chiropractic for sciatica, even after surgery has failed.<sup>3</sup>

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<sup>3</sup> Visser L, Woudenberg N, et al. Treatment of the sacroiliac joint in patients with leg pain: a randomized-controlled trial. *European Spine Journal* 2013 [online]. doi: 10.1007/s00586-013-2833-2.

## 8. Chiropractic Best Option for Sports-Related Back Pain

Back pain is a common sports injury, and this [study from the journal \*Sports Health\*](#) found that chiropractic was the best option for treatment.

## 9. Chiropractic is Safe

The prestigious medical journal *Spine* found that [chiropractic is a safe choice](#) for back pain patients.

## 10. Chiropractic Beneficial for Back Pain in Pregnancy

Many pregnant women suffer from back pain, and regular medical treatments or drugs can be unsafe. This [2006 study found that chiropractic is a safe and effective way](#) to relieve the symptoms of back pain during this important time.

## 11. Chiropractic Helps Older Patients with Back Pain

As we get older, our spine loses flexibility and we're more likely to develop back pain. This 2013 study found that [chiropractic is safe and effective at reducing back pain](#) in older patients.

## 12. Chiropractic Best for Teens with Back Pain

[This British study](#) found that for teens with back pain, chiropractic offered the biggest improvements.

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# 10 Reasons Parents Take Healthy Children To Chiropractors

By [Dr Jen](#) / 24th June

Some adults may wonder why more and more children are starting to see chiropractors. That's a good question and the answer is simple: whether we have a large spine or a tiny little spine, if that spine is creating nerve distress then our magnificent bodies may not operate smoothly...



## **The nervous system is the 'Master Controller'**

The nervous system is the master controller of our body and if its communication channels become fuzzy, distorted or damaged then we experience all sorts of communication errors. For babies and children, this ineffective communication may play out as colic or irritability, an inability to suckle and breastfeed, poor sleep, developmental delays, digestion issues, asthma, behavioural problems, low energy, inability to concentrate, headaches, etc – the list is endless. In fact, *regardless* of what the end result or symptom may be, all roads to 'optimal health' lead back to the body's ability to self-regulate and function at a peak level.

While chiropractic may be able to help with a number of health issues, our focus is not treating or curing ailments; our focus is ensuring the nervous system has every opportunity to work efficiently and effectively.

## **Can you cook at night with the lights out?**

For example, imagine your nervous system is like the lighting system in your home. If the lights start to dim, you might not be able to cook dinner very well, you may start banging into furniture, you may trip and hurt yourself, you may feel frightened. How the dim lights influence you precisely will vary but the issue is still the same – there is a communication problem between the wiring and the the light globe which needs detecting and fixing.

In the same way, chiropractors spend years studying the nervous system to be able to detect and correct these 'communication errors' in the body.

*Another question you may ask is...*

### **“How do little kids get nerve irritation?”**

Nerve irritations (or vertebral subluxations) occur as a part of normal daily life. They may result from physical, chemical and emotional stressors or 'insults' to our health, such as bad posture, prolonged postures, sleeping on our stomachs, knocks and falls, poor food choices, dehydration, exposure to chemicals and toxins, and stress and anxiety. Some research suggests that even before these lifestyle stressors have an impact, nerve irritation may occur in the uterus from awkward positioning, restriction of movement, and exposure to toxins. Subluxations or nerve irritation may also occur from birth complications such as long labours, very fast labours, or forceps or caesarean delivery.

While research to support how effective chiropractic for children is not yet extensive, parental satisfaction with results achieved is compelling in its own right.

While more research into the benefits of chiropractic for babies and children is needed, chiropractic for little people has been shown to be gentle, safe and effective. Babies can be checked by chiropractors very soon after birth and special techniques have been developed to carefully correct any subluxated areas. When we appreciate how the nervous system may be hindered and impaired **it makes sense why more parents are having their child's spine and nervous system** assessed.

### **10 reasons parents take their children to see a chiropractor:**

1. To encourage good neural plasticity (brain and nerve development).
2. To support their child's overall health and wellbeing.
3. To help strengthen their child's immunity and potentially reduce the incidence of colds, ear-aches and general illness.
4. To assist with colic and Irritable Baby Syndrome.
5. To help with asthma, breathing difficulties and allergies.
6. To encourage good spinal posture.
7. To help improve their child's ability to concentrate.
8. To assist with behavioural disorders.
9. To help alleviate digestive problems.
10. To assist with bed-wetting and sleep issues