

# adjusting the view of chiropractic care

Anyone who has lived with lower back pain knows how debilitating it can be – impacting on most routine daily activities, from sitting comfortably to tying a shoelace. Traditional medical care has ranged from rest and medication to surgery.



But now Chiropractic is gaining some serious credibility as a more effective and less costly alternative treatment for back pain, thanks to a host of studies published in the highly respected Journal of Manipulative and Physiological Therapeutics (JMPT).

## Key JMPT Findings

- A study published in the June 2007 issue revealed that "patients who turned first to Chiropractors and other alternative-medicine professionals for care, were 60 percent less likely to be hospitalized or have surgery and spent 85 percent less on pharmaceuticals (drugs) than those with medical doctors as primary care providers."
- A study published in October 2005 revealed that the cost of Chiropractic care is identical to or less than that of medical care for treating chronic low-back pain, with Chiropractic care being more effective.
- A January 2005 study showed that patients with chronic spinal pain syndromes did markedly better with Chiropractic treatment than patients who received either medication or acupuncture.
- A March 2004 study revealed that

Chiropractic care is more effective at treating chronic low-back pain in the patients' first year of symptoms than traditional medical care.

## The Chiropractic Approach

Chiropractic's main goal is to help restore better motion, function and alignment in the spine without surgery or medication.

Spinal manipulation can improve spinal function, which helps reduce inflammation, reduce or eliminate pain and discomfort, and begin the process of healing the surrounding soft tissues.

## Many Suffer with Back Pain

Today researchers estimate that up to 80 percent of adults will suffer back pain in their lifetime – and 10 percent will have back pain in any given year. It's a huge problem – not only in terms of pain and suffering, but job productivity and health care costs. Fortunately, as more studies support the effectiveness of Chiropractic care, many insurance companies and health care providers have begun to accept Chiropractic care as a cost-effective way to treat the increasingly high incidence of lower back pain and neck pain. Many more mainstream physicians are embracing the idea of Chiropractic care as well.

The impact of Chiropractic on the life of an 85 year old BritChiro patient was such that she was compelled to tell her story and sent us this:

"Movement is the essence of life. When this ability is threatened, one needs help. By the grace of God I was led to BritChiro Clinics. Being very apprehensive, via a very pleasant receptionist, introduced to a Chiropractor and put at ease immediately. How wonderful to find someone who really cares. From that moment I was given hope for a future for me. Everything was explained and shown on a medical spine column, my choices communicated regarding treatment. X-rays were taken – results shown and explained – treatment commenced on subsequent days. Dr's 'Healing Hands' made many adjustments to my spine. I have great faith in him so felt no apprehension when presenting myself for treatment and looked forward to next appointment as another step along the road to recovery. I have been given back my zest for life. Whatever happens in the future I thank 'BritChiro' with all my heart.

**- Jose Savage**

**BritChiro Clinics has a branch in Horsham located at 13 West Street, Tel: (01403) 275 000 at Horley – 68 Victoria Road, Tel (01293) 823 444.**