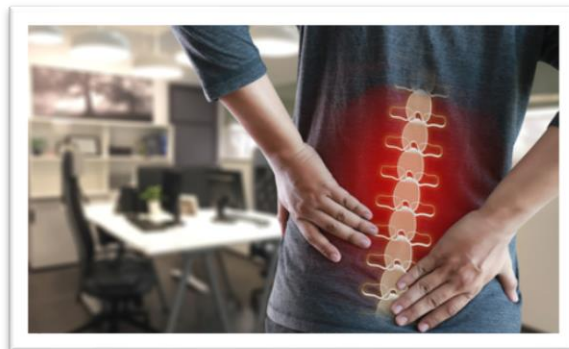


Research proves **Chiropractic** surpasses physical therapy and drugs as the most effective option for pain relief

Nobody enjoys pain. Low back pain ranks at the top of the list when it comes to the most annoying and aggravating form of chronic pain. Back pain affects virtually every aspect of high quality living. Every twist, turn, or movement impacted by low back pain robs enjoyment and vitality from work, play, and **everything in between**.

Low back pain ranks as the single leading cause of disability in the world. Over eighty percent of people will experience low back pain at some time in their life. Total costs related to low back pain surpass \$100 billion annually, **with two-thirds of that due to decreased wages and productivity**. The bottom line reveals that back pain makes life more difficult for everyone involved. Life presents ample challenges in the absence of back pain. Being proactive about spinal health proves to be the most effective solution for this major problem.

A medical study completed in 2011 evaluated the effectiveness of three different solutions utilized to help patients suffering with low back pain. A total of 894 cases were followed for one year to evaluate which solution achieved the greatest and most lasting results. Chiropractors, Medical Doctors, and Physical Therapists provided three different solutions for back pain sufferers. Each practitioner provided their unique care based on the patient findings and needs.



The patients managed by Chiropractors experienced shorter periods of disability (returned to work sooner), used fewer opiate drugs, underwent fewer surgeries, and faced lower costs for low back pain care than did the other provider groups. The patients receiving Chiropractic care also experienced a significantly lower likelihood of back pain recurrence than the other methods of treatment. The research highlighted the fact that Chiropractic care provided the only treatment approach that aided in long term healthcare while reducing events of relapse.

The effects of Chiropractic on back pain merely scratch the surface of the functional benefits of a healthy spine. The spine's intimate connection with the brain and nervous system allows a Chiropractic adjustment to influence aspects of health and performance that simply do not happen with drugs and pills. A Chiropractic adjustment improves function and opens lines of communication between the brain and body. Chiropractic helps ensure a clear and connected nervous system. **Millions of people experience the health benefits of Chiropractic care that have existed for over 120 years.** Benefits ranging from heart function and immunity to increased cardiovascular and reproductive health represent the wide array of health improvements that extend beyond back pain relief.

Chiropractic care benefits anyone with a spine. Low back pain may signal the need for treatment for some people, but the health benefits of Chiropractic await anyone seeking improvements to their overall health and function. An ounce of prevention is worth a pound of cure. Nervous system care provides preventative care that ensures the body remains a great place to live!