



## **Chiropractic Care: A Low Cost Solution to High Cost Healthcare**

Numerous studies have shown that chiropractic treatment is cost effective and safe. The following are excerpts from several studies. By examining the research which demonstrates the cost savings associated with chiropractic care, you will find that chiropractic offers tremendous potential in meeting today's health care challenges.

- ✓ Spinal Manipulation would be "a cost-effective addition to 'best care' for back pain in general practice."<sup>1</sup>
- ✓ "For patients who do not improve with self care options, clinicians should consider the addition of **nonpharmacologic therapy with proven benefits**—for **acute low** back pain, **spinal manipulation**."<sup>2</sup>
- ✓ "Chiropractic care significantly reduces per beneficiary costs to the Medicare program. The results of the study suggest that chiropractic services could play a role in reducing costs Medicare reform and/or a new prescription drug benefit."<sup>3</sup>
- ✓ "PCPs utilizing an integrative medical approach emphasizing a variety of complementary and alternative therapies had substantially improved clinical outcomes and cost offsets compared with PCPs utilizing conventional medicine alone."<sup>4</sup>
- ✓ Spinal manipulative treatment for both chronic and acute lower back pain was more effective and provided more short-term relief than many other types of care, including prescription drugs, physical therapy and home exercise<sup>5</sup>

<sup>1</sup>UK BEAM Trial Team. United Kingdom back pain exercise and manipulation (UK BEAM) randomized trial: cost-effectiveness of physical treatments for back pain in primary care. *BMJ Online First*, Nov. 29, 2004.

<sup>2</sup>Diagnosis and Treatment of Low Back Pain: A Joint Clinical Practice Guideline from the American College of Physicians and the American Pain Society

<sup>3</sup>Utilization, Cost, and Effects Of Chiropractic Care On Medicare Program Costs. Muse and Associates. American Chiropractic Association 2001.

<sup>4</sup>Clinical and Cost Outcomes Of An Integrative Medicine IPA. Sarnat, Richard; Winterstein, James. *Journal of Manipulative and Physiological Therapeutics* 2004; 27: 336-347.

<sup>5</sup>Bronfort G, Haas M, Evans R, Bouter L. Efficacy of Spinal Manipulation and Mobilization for Low Back Pain and Neck Pain: A Systematic Review and Best Evidence Synthesis. *Spine J.* 2004 May-Jun;4(3):335-56. Review