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## CHIROPRACTIC CARE AND THE TRIPLE AIM OF BETTER CLINICAL OUTCOMES, GREATER PATIENT SATISFACTION AND LOWER COST OF CARE

With the prevalence of back, low back and neck pain, and the documented role of non-invasive, drug-free chiropractic care to successfully address these conditions and alleviate pain, providers in multiple disciplines and throughout the health care continuum are now advocating chiropractic care as a leading alternative to usual medical care. It is important to note that in 2010, it was estimated that doctors of chiropractic (DCs) perform up to 94 percent of spinal manipulations in the U.S.<sup>28</sup>



“The time is now for early integration of alternative treatment for pain relief...multiple non-pharmacological approaches, methods and practitioners with evidence to support their inclusion should be considered important tools in addressing these public health challenges.”<sup>29</sup>

– PAINS Project



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## “NEVER ONLY OPIOIDS” — PAIN ACTION ALLIANCE TO IMPLEMENT A NATIONAL STRATEGY (PAINS)

Patient satisfaction with chiropractic care is well-documented. A BMC Musculoskeletal Disorders study on upper cervical chiropractic care for neck pain, headache, mid-back, and low back pain concludes that 9.1 out of 10 patients indicate a very high level of patient satisfaction. In another study of North Carolina patients seeking treatment for acute low back pain from various health care professionals (primary care physicians, chiropractors, orthopedic surgeons, etc.) researchers found that those who visited a chiropractor had a higher degree of satisfaction in the care they received.<sup>30</sup>

Chiropractic care is also documented for better outcomes. The *Journal Spine* published the first reported randomized controlled trial comparing full evidence-based clinical practice guidelines (CPGs) treatment, including spinal manipulative therapy administered by chiropractors, to family physician-directed usual care (UC) in the treatment of patients with acute mechanical low back pain (AM-LBP). Compared to family physician-directed UC, full CPG-based treatment including chiropractic spinal manipulative therapy (CSMT) is associated with significantly greater improvement in condition-specific functioning.<sup>31</sup>