

[IMAGE]

Three Reasons to Choose Chiropractic

By Editorial Staff

When you're suffering low back pain, shoulder pain or any number of similar musculoskeletal conditions, who gets the call: your medical doctor or your doctor of chiropractic? Your choice of health care provider in those situations could make a big difference, and research is continuing to prove it. According to the latest study, chiropractic care is at least as effective as medical care for certain musculoskeletal conditions, while reducing health care costs and leaving patients more satisfied with the results.

The authors of the study, published in the *Journal of Manipulative and Physiological Therapeutics (JMPT)*, went so far as to state that for certain musculoskeletal conditions, visiting an MD first instead of a DC may actually be a mistake:

"The findings of this study support first-contact care provided by DCs as an alternative to first-contact care provided by MDs for a select number of musculoskeletal conditions. Restrictive models of care in which patients are required to contact a medical provider before consulting a chiropractic provider may be counterproductive for patients experiencing the musculoskeletal conditions investigated and possibly others."

easy - Copyright â Stock Photo / Register Mark The study sample included 403 patients who saw medical doctors and 316 patients who saw doctors of chiropractic as the initial health care providers for their spinal, hip or shoulder pain complaint. Four months following care, all patients completed a questionnaire that evaluated pain on that day and four months earlier (11-point scale); satisfaction with care received and the results of that care (5-point scale from "very satisfied" to "very unsatisfied"); and other variables. The researchers evaluated related costs of care by reviewing an insurance claims database.

"Patients initially consulting MDs had significantly less reduction in their numerical pain rating score and were significantly less likely to be satisfied with the care received and the outcome of care." What's more average per-patient costs over the four-month period were significantly lower in patients who initially consulted DCs (\$368 difference compared to MD care).

JMPT Editor-in-Chief Claire Johnson, DC, MEd, emphasized the importance of the latest findings:

"Comparative studies – in other words, research that compares the outcomes between two different providers or modalities – are rare for chiropractic care," she said. "Thus, this study ... is especially important if payers and policy-makers are to better understand the 'triple aim' as it relates to chiropractic. Specifically, this study helps us better understand what type of care provides better patient satisfaction, is more cost effective, and improves population health."

The answer, suggests an increasing body of research, is *chiropractic care*.

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=2180&no_paginate=true&no_b=true