



## Foundation for Chiropractic Progress Points to New Study Documenting Chiropractic as First Option for Back Pain Relief, Surgery Avoidance

**CARMICHAEL, Calif. – Jan. 8, 2013** – The [Foundation for Chiropractic Progress](#) (F4CP), a not-for-profit organization dedicated to educating the public about the value of chiropractic care, cites the results of a new study as further documentation of chiropractic care as a first option for back pain relief and surgical avoidance. [%Early Predictors of Lumbar Spine Surgery after Occupational Back Injury: Results from a Prospective Study of Workers in Washington State](#),+(*Spine*; 12.12.2012) observed reduced odds of surgery for those under age 35, women, Hispanics and those whose first provider was a chiropractor.

%n total, 42.7 percent of workers who initially visited a surgeon underwent surgery, in contrast to only 1.5 percent of those who first consulted a chiropractor,+reports Gerard Clum, D.C., spokesperson, F4CP, who indicates the important study was conducted by a collaboration of prestigious institutions, including [Geisel School of Medicine at Dartmouth College](#), [University of Washington School of Public Health](#), [University of Washington School of Medicine](#), [Ohio State University College of Public Health](#) and the [Washington State Department of Labor and Industries](#). %Back injuries are the most prevalent occupational injury in the U.S., and care is commonly associated with one of the most costly treatments . spine surgery. Chiropractic is clearly the most appropriate first treatment option for patients with back pain, and this study confirms the value.+

An additional study, [%Health Maintenance Care in Work-Related Low Back Pain and Its Association with Disability Recurrence](#),+(*Journal of Occupational and Environmental Medicine*; 4.1.2011) also examined chiropractic care for occupational back injuries and found similar outcomes. The study reported for work-related nonspecific low back pain, chiropractic care was associated with a lower disability recurrence, when compared to treatment by other medical interventions. Overall, chiropractic patients illustrated consistently better outcomes, less use of opioids, and had fewer surgeries, with lower medical expenses.

%s more data continues to surface touting the benefits of chiropractic care -- lower costs, less risks and higher satisfaction rates -- I expect that patients and practitioners will move toward considering chiropractic first, medicine second and surgery last,+says Dr. Clum, who closes with praise of the [University of Pittsburgh Medical Center \(UPMC\) Health Plan](#) for already adopting this approach.

### **About the Foundation for Chiropractic Progress**

A not-for-profit organization, the Foundation for Chiropractic Progress informs and educates the general public about the many benefits associated with chiropractic care. To learn more about the Foundation, visit [www.yes2chiropractic.com](http://www.yes2chiropractic.com) or call 866-901-F4CP (3427).