

# CHIROPRACTIC & HEALTH

A Natural Connection

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## *Usual Medical Care Increases Risk of Acute LBP Becoming Chronic: Chiropractic SMT/Adjustment Reduces Risk*

Stevens et al. (2021) Risk Factors Associated With Transition From Acute to Chronic Low Back Pain in US Patients Seeking Primary Care. JAMA Network Open. 2021;4(2):e2037371.

### QUOTE BOARD:

"Early exposure to guideline non-concordant care was significantly and independently associated with the transition to chronic LBP after accounting for patient demographic and clinical characteristics, such as obesity, smoking, baseline disability, and psychological comorbidities."

"These findings suggest that an emphasis should be placed on discovering strategies to successfully implement guideline concordant care in the primary care setting to reduce the development of chronic LBP."

"It is time to test supportive models of care to assist primary care practitioners in addressing this substantial public health problem. Medical educators have recognized for years that training in musculoskeletal medicine is suboptimal for medical students, residents, and general practitioners."

"The Primary Spine Practitioner is another model proposed in the United States in which chiropractors and physical therapists [trained in manipulation] serve as the initial or early point of contact for patients with LBP."

### Key Concepts:

Low back pain has become the leading healthcare issue in the Industrial World and medical physicians are inadequately trained and have no evidence-based interventions to properly treat low back pain or any other neuromusculoskeletal problems.

"Low back pain (LBP) is the leading cause of disability in the United States, annually accounting for 4.3 million years lived with disability, nearly twice the burden of any other health condition. Overall, 13% of adults have chronic LBP, with one-third experiencing moderate- to high-impact chronic pain. In the United States, treatment for LBP and related spine disorders now represents the most expensive medical problem, with most costs accrued in ambulatory care settings, including primary care."

Usual medical care is so poor in terms of results, and so expensive in terms of financial costs and human costs due to lack of benefit and substantial side-effects, that not only prescription drugs but referrals to nonsurgical or surgical specialists such as surgeons and neurologists are classified as nonconcordant.

"Nonconcordant medical subspecialty referral included referrals to nonsurgical or surgical specialties (eg, physiatrists, orthopedists, neurologists, neurosurgeons, or pain specialists)."

### Key Take Home Points:

Chiropractors are the world's most highly educated, most highly qualified, and most highly effective Primary Spine Practitioners in the world. Failure to seek chiropractic care increases the risk of having to live with debilitating chronic low back and/or spinal pain and dysfunction.

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