

# BACK PAIN

## A NATIONAL DISASTER



**31 MILLION**

The number of people that have back pain right now

**#1 CAUSE**

of disability for workers under the age of 45

**33%**

The likelihood you will have surgery if you see a spine specialist

The true cause of >90% of low back pain cannot be determined by medical examination or clinical testing.

Patients are mislabeled with:

- 🗣️ Degenerative Disc Disease
- 🗣️ Herniated Slipped Ruptured Discs
- 🗣️ Siatca
- 🗣️ Spondylosis, Osteoarthritic, Bone Spurs
- 🗣️ Low Back Instability

**LOW BACK PAIN**

**BY THE NUMBERS**

**BY THE DOLLARS**

**MEDICAL MODEL OF BACK PAIN TREATMENT**

**MYTHICAL CAUSES**

**FAILED INTERVENTIONS**

Little clinical evidence exists to support the use of some of the most common medical interventions presently prescribed and performed.

**\$90,000,000,000**

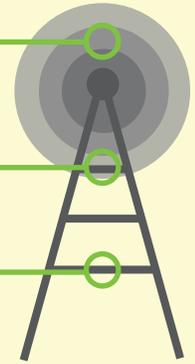
Estimated cost each year because of back pain

**\$81,900**

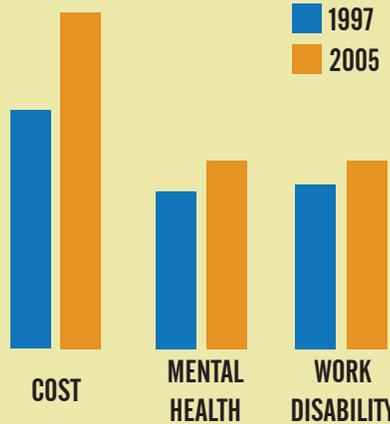
Average cost of spine fusion surgery

**\$6,090**

Average cost per person per episode of back pain



**Key Indicators of the Failure of the Medical Model - Cost & Function Measures Between the Years 1997 & 2005**



- 🗣️ Imaging Tests, X-rays, MRI, CT Scans
- 🗣️ Bed Rest or "Watchful Waiting" a.k.a. do nothing
- 🗣️ Opiods (Pain Killers), Muscle Relaxors
- 🗣️ Epidural Injections, Trigger Point Injections, Nerve Blocks
- 🗣️ Spine Fusion

**NEW APPROACH**

**Early**

**Active**

**Fast & First**

Clinical and Cost Outcomes of an Integrative Medicine IPA. Sarnat, Richard; Winterstein, James. Journal of Manipulative and Physiological Therapeutics 2004; 27: 336-347.

- In 1999, a large Chicago HMO began to utilize doctors of chiropractic (DCs) in a primary care provider role.
- During the 4-year study, this integrative medical approach, emphasizing a variety of complementary and alternative medical (CAM) therapies, resulted in lower patient costs and improved clinical outcomes for patients.
- The patients who went to DCs as their primary care providers had:
- 43% decrease in hospital admissions
- 52% reductions in pharmaceutical costs
- 43% fewer outpatient surgeries and procedures

**Evidence Based**

**Data, Experience, Values**

Over the last 8-10 years there has been considerable literature published suggesting that Chiropractor directed treatment guided by the current best evidence results in superior treatment outcomes at a lower cost.

**Passive Treatment Fails**

Old models of "watchful waiting", bedrest, heat, ice and ultrasound are ineffective. Active care including directional biased exercise, manipulation, and stabilization have proven to be superior to passive treatments.

**CHIROPRACTORS ARE THE NEW PRIMARY CARE PROVIDERS**

Fundamental Healthcare Axiom: conservative treatment for back pain should be given priority over more radical approaches like drugs, injections, and surgery.