

Some of the benefits of chiropractic care

1. Reduces neck pain: Neck pain is a common problem, especially if you sit for many hours a day, frequently bend your neck to use your phone, or have poor posture. A chiropractor may help ease your neck pain by realigning your spine and easing tension in your neck muscles. A 2019 study found that cervical spine manipulation may help decrease neck pain in the short-term by modifying levels of neuropeptides in your blood. Neuropeptides are proteins made in your nervous system that function as neurotransmitters or hormones.

2. Reduces reliance on opioid pain relievers: People with chronic pain are often given prescriptions for opioid pain relievers to help manage their discomfort. However, undergoing chiropractic treatment may lower your need to take these pain relievers. A large 2020 study compared the number of prescriptions for opioid pain relievers filled for adults who visited just their doctor or who visited both a chiropractor and their doctor to treat spinal pain. The study found that adults who visited a chiropractor were less likely to get an opioid prescription filled for their pain compared to those who only saw their doctor.

3. Eases back pain: Chiropractic treatment is a good alternative to invasive alternatives like surgery or injections for treating short-term or chronic back pain. The American College of Physicians recommends that doctors encourage people with chronic low back pain to first seek non-medication treatments before taking medication to treat their pain. A 2017 review of studies found that spinal manipulation was associated with moderate improvements in short-term back pain and function.

4. Possible reduction of osteoarthritis symptoms: Osteoarthritis pain is caused by the degeneration of the cartilage in a joint that causes the ends of your bones to rub together. Some types of chiropractic adjustments may help align your joints and reduce how much your bones rub together. A 2020 animal study found some evidence that chiropractic manipulation may help slow down the progression of arthritis by improving the status of cartilage, bone, and the joint capsule.

5. Eases headache symptoms: Spinal manipulation may be effective at treating tension headaches and headaches that originate in your neck. A 2016 study found that 6 to 8 sessions of cervical and upper thoracic spine manipulation were more effective than movement and exercise for relieving pain in people with chronic headaches. This was still the case at a 3-month follow-up.

6. More affordable treatment for chronic back pain: Chiropractic treatment is almost always less expensive than conventional treatment for chronic low back pain. In a 2016 study, researchers looked at the potential financial benefits of chiropractic treatment for Medicare recipients with chronic back pain. The researchers found that people who received chiropractic treatment had a lower overall treatment cost. The study also determined that their treatment duration was shorter than that of those who had conventional medical treatment.

7. High satisfaction: Studies have generally reported relatively high levels of satisfaction with chiropractic treatment. For example, in a 2015 study, researchers found that a group of 544 people in chiropractic care reported a high level of satisfaction. Also, 92 percent of the people in this study had improvements in their pain, and 80 percent reported improvements in their ability to move around.



*This healthy living information is provided by
your Doctor of Chiropractic and the
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