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*Injured
workers want
to heal, start
living their
lives again
and return to
work. Can
chiropractic
help?*

What Is Chiropractic?

Chiropractic is the largest drug-free, natural healthcare system in the US (and the world). Doctors of chiropractic correct vertebral subluxations—areas of spinal and skeletal distortion that cause nerve stress, pain, muscle weakness, premature aging and dis-ease (overall body malfunction).

Your doctor of chiropractic analyzes your body for vertebral subluxations and corrects them using safe, gentle “adjustment” techniques.

Does Chiropractic Help On-The-Job Injuries?

Study after study reveals that chiropractic gets injured workers out of pain and back on the job faster, with greater patient satisfaction, and at less cost without drugs or surgery.

2004 North Carolina Study

A review of 96,627 workers' compensation cases for musculoskeletal injuries revealed that the average cost of treatment, hospitalization and compensation payments was higher for patients who saw medical doctors than for those who saw doctors of chiropractic. Especially significant was that chiropractic patients lost less days from work than the medical patients.¹

2003 Texas Study

Researchers reviewed over 900,000 workers' compensation claims and over 70 published papers. They found the average claim for a low back injury was \$15,884 under medical care (not including cost of medications) but if the patient were under chiropractic care, the cost dropped to \$7,632. The authors found that: "Chiropractic care is associated with lower...costs and more rapid recovery in the overwhelming majority of studies."

Other Studies

A study of 395,641 patients with one or more of 493 neuromusculoskeletal conditions showed that patients receiving chiropractic care had significantly lower healthcare costs than those under medical or osteopathic care.

Patients receiving chiropractic care experienced significantly lower health care costs...total cost difference was on the order of over \$1,000.³

Why Is Chiropractic Less Costly?

A Florida study gives us part of the answer: "Individuals cared for by chiropractors usually didn't need to be hospitalized...chiropractic was a relatively cost-effective approach to the management of work-related injuries."⁴

Back To Work Sooner

DCs got people back to work 2.3 days earlier than MDs and 3.8 days earlier than DOs (osteopaths). Chiropractic care costs were one-third that of medical care and one-fifth that of osteopathic care.⁵ In another study injured workers seeing chiropractors returned to work in one-quarter the time required for injured workers under medical care.⁶

Not Just Back Pain

A 1992 Virginia study revealed that chiropractic helped people suffering from arthritis; disc disorders; bursitis; low back pain and spinal related sprains, strains and dislocations at less cost than medical and osteopathic care.⁷

Canadian Study

A Canadian government study summed it up nicely: "The overwhelming body of evidence shows that chiropractic management of low-back pain

"Chiropractic...lower costs and more rapid recovery."

is more cost-effective than medical management, and that many medical therapies are of questionable validity or are clearly inadequate...

It is very costly to manage neuromusculoskeletal disorders using

traditional medicine. If individuals were able to visit chiropractors...a great amount of money would be saved by the government...."⁸



Injured At Work? Always Get A Chiropractic Checkup

Every trauma has the potential to cause vertebral subluxations: areas of abnormal spinal stress upsetting body balance, impinging nerves and affecting your muscles, internal organs, discs, bones and brain. A subluxation can cause pain, organ or system malfunction and dis-ease (body malfunction).

It must be emphasized that chiropractic is not against necessary medical care. In emergencies all must be done to save life and limb: stopping bleeding, stitching skin, setting the broken ends of bone together, removing bullets, supplying lost bodily fluids, controlling shock and other procedures to stabilize the patient so that they are out of immediate danger. However most, if not all, people leave the emergency room with as much spinal damage as when they entered it.

Post-Accident Problems

Even after the best medical care people often suffer from pain, weakness and disability months or years later. They take painkillers and muscle relaxants, use various therapies or even have surgery. "I feel like a walking medicine cabinet" is too often the lament of the post-accident victim.



Spinal subluxations can affect the entire body.

Post-accident conditions may include pain or spasms in the neck, shoulders, arms, wrists, hands, legs, back and face; insomnia; mental dullness; nervousness; anxiety; memory problems; depression; headache; hearing and vision problems; epilepsy; dizziness; loss of energy and urinary tract infections.

Anyone who has been in an accident or trauma, whether mild or serious and no matter how long ago, should see a chiropractor to have their spinal column checked for nerve pressure caused by vertebral subluxations. A chiropractic adjustment can make the difference between life and death, between a life with pain, disability and sickness and a life of true recovery, activity and accomplishment.

Anyone who has ever had an accident needs a chiropractic checkup.