

HEALTH

Amid Opioid Abuse Crisis, Back Pain Sufferers Look to Chiropractic Care

NewsUSA

(NU) - Lower back pain, it's been said, is very democratic.

Meaning, tens of millions of people of all stripes – from truck drivers to stock brokers – experience it at some point in their lives, and the worst cases can be positively debilitating.

“You’d be a really uncommon person never to have had an episode of back pain,” Chris Maher, a health researcher at the University of Sydney, told NPR.

But now there’s a new wrinkle – or, some would say, an opportunity.

With the country in the midst of an opioid abuse crisis, many of those sufferers now find themselves looking for alternatives to the potentially addictive – and sometimes lethal – prescription painkillers that the Centers for Disease Control and Prevention recently urged physicians to dramatically curtail prescribing.

One favorite alternative? Drug-free chiropractic care, which has been praised for its “emphasis on your body’s innate healing wis-



Doctors of chiropractic are known for their drug-free care.

doms.”

Doctors of chiropractic are well-trained and highly educated, and use hands-on techniques to help enhance flexibility, muscle strength, and range of motion. Reflecting chiropractic’s growing popularity, notes the Foundation for Chiropractic Progress’ Dr. Sherry McAllister, most insurance and health plans cover its use.

To locate a nearby doctor of chiropractic, visit www.f4cp.com/findadoctor.