

FOR IMMEDIATE RELEASE: May 7, 2013

JAMA Suggests Chiropractic for Low Back Pain

Chiropractic Physicians Provide Natural Alternatives for Pain Treatment, Injury Prevention

Arlington, Va.—An article in the Journal of the American Medical Association (JAMA) suggests patients try chiropractic services for the treatment of low back pain. According to the article, surgery is not usually needed and should only be considered if more conservative therapies fail. The information in JAMA reinforces the American Chiropractic Association's (ACA) position that conservative care options should serve as a first line of defense against pain.

The article, part of JAMA's Patient Page public education series, explains that the back is made up of bones, nerves, muscles and other soft tissues such as ligaments and tendons that support posture and give the body flexibility. Back pain can be caused by problems with any of the structures in the back. As neuromusculoskeletal experts, chiropractic physicians are particularly well suited to manage and help prevent low back pain.

"We are encouraged to see JAMA suggest patients try chiropractic and other more conservative types of treatment for their back pain. In many cases pain can be alleviated without the use of unnecessary drugs or surgery, so it makes sense to exhaust conservative options first," said ACA President Keith Overland, DC.

"Research confirms that the services provided by chiropractic physicians are not only clinically effective but also cost-effective, so taking a more conservative approach at the onset of low back pain can also potentially save both patients and the health care system money down the line," he added.

For those who are currently pain-free, the exercise tips, posture recommendations and guidance on injury prevention routinely provided by chiropractic physicians can help people maintain a healthy back throughout their lives. To learn more, visit www.acatoday.org/backpain.

The American Chiropractic Association (ACA), celebrating its 50th anniversary in 2013, is the largest professional association in the United States representing doctors of chiropractic. ACA promotes the highest standards of patient care and professional ethics, and supports research that contributes to the health and well-being of millions of chiropractic patients. Visit www.acatoday.org.