



## Better Health at Work

Chiropractors play an important role in employee health, according to a new position paper by the nonprofit Foundation for Chiropractic Congress.

Back pain and other neuromuscular conditions are common in today's deskbound and smartphone-centric workplaces, but case studies presented in the paper demonstrate the value of having chiropractors working side by side with medical doctors at corporate health clinics, both in decreasing health care costs and improving patient satisfaction.

Chiropractic care such as adjustment offers a drug-free and noninvasive option for the care of common work-associated conditions like lower back pain. According to the paper, chiropractic care helped reduce the costs of radiology, outpatient, emergency and physical therapy services; improved neuromuscular function; demonstrated more improvement and higher satisfaction when compared to family medicine; had better outcomes, fewer surgeries and less narcotic use.

Corporate health clinics are expected to grow at a rate of 15 to 20 percent per year, according to the paper.



Doctors of chiropractic are well trained and positioned as the first option for drug-free, noninvasive, evidence-based and effective back and general neuro-musculoskeletal pain management. In the workplace, low back pain

ranks second to upper respiratory conditions as a stated cause for loss of work, and treatment costs in the U.S. exceed \$50 billion a year, reports *Archives of Internal Medicine*.

The position paper highlights reports sharing the advantages – financial, clinical and patient satisfaction – of including chiropractic care at on-site corporate health clinics to address neuro-musculoskeletal conditions:

- On-site chiropractic services are associated with lower use and subsequent costs of radiology services, outpatient and emergency settings, and physical therapy.
- Chiropractic care offered at on-site corporate health clinics may promote less use of costly health care services, while improving neuro-musculoskeletal function.
- Chiropractic patients with chronic lower back pain displayed greater improvement and satisfaction at the one-month marker than those treated by family physicians and more chiropractic patients (56 percent vs. 13 percent) reported that their lower back pain was better or much better, according to an article, “Patient characteristics, practice activities, and one-month outcomes for chronic, recurrent low-back pain treated by chiropractors and family medicine physicians: a practice-based feasibility study.”
- Chiropractic patients showed better outcomes, less use of narcotics, and had fewer back surgeries, with lower expenses.
- Over 83 percent of respondents were satisfied or very satisfied with the level of chiropractic care.



According to one report, “For many companies, neuro-musculoskeletal complaints are the top reason employees consult a health care provider. Evidence confirms that chiropractic care is an obvious primary treatment approach that is ideal within on-site corporate health clinics. Furthermore, chiropractic offers hands-on treatment and healthy lifestyle advice to help employees stay well, a growing interest of employers.”

In addition to inclusion as a specialty service, chiropractic care demonstrates great value as a core offering of the on-site clinic. **Standard Process**, a manufacturer of whole-food nutritional supplements, employs this approach and has reported significant cost savings, high patient satisfaction with statistical and clinical advancement in employee health episodes and lower long-term health risks as a result.



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