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HEALTH

As America Grays, Arthritis Sufferers Turn to Chiropractors for Relief

NewsUSA

(NU) - Not only is America increasingly growing gray, it also turns out it's anxious for alternative forms of health care for arthritis – and many now seem to be finding it in chiropractic care.

The usual approach to arthritis commonly involves over-the-counter and prescription medications that can have serious adverse effects. But a recent article in the respected journal "Medscape Rheumatology," titled "CAM for Arthritis: Is There a Role?" – "CAM" being short for "complementary and alternative medicine" – confirmed the steady growth in chiropractors' popularity among the nation's nearly 50 million arthritis sufferers. "There's little question in my mind that chiropractic works especially for acute musculoskeletal pain," wrote Dr. Nathan Wei, M.D.

That view is certainly shared by the not-for-profit Foundation for Chiropractic Progress' Gerard Clum, D.C., who has long agreed with Dr. Wei's assertion that chiropractors are "in many cases more knowledgeable about the musculoskeletal anatomy than most other rheumatologists" because of their education and experience with managing musculoskeletal conditions.

Is chiropractic care the answer to arthritis relief?

"The evidence-based, hands-on care provided by a doctor of chiropractic," says Dr. Clum, "helps to significantly relieve symptoms such as joint pain and swelling, and improve range of motion, endurance and muscle tone and strength. And patient satisfaction is high as many arthritis sufferers are looking for ways to stay active and avoid prescription medication."

Experts say anyone with arthritis should examine all options. To learn more, visit www.yes2chiropractic.org.

Foundation for Chiropractic Progress

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