

## Media

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## FOR IMMEDIATE RELEASE

### **F4CP Lauds CDC Opioid Prescribing Guidelines, Chiropractic is Safer, Non-Drug Approach for Pain Relief**

*CDC recommends conservative care and alternative options prior to prescription painkiller treatment.*

**HASBROUCK HEIGHTS, NJ – March 21, 2016** – In response to the new federal guidelines issued by [Centers for Disease Control and Prevention](#) (CDC) regarding opioid prescribing, the [Foundation for Chiropractic Progress](#) (F4CP), the voice for the chiropractic profession, notes that many individuals are prescribed opioids for pain associated with musculoskeletal conditions, including low back and neck pain. Individuals utilizing opioids may be unaware of the effectiveness of alternative care, which includes chiropractic.

“The growing opioid epidemic is finally gaining the attention it deserves,” states Sherry McAllister, DC, executive vice president, F4CP, referencing a [report](#) which found that in 2014, the increased utilization of opioids led to 28,647 deaths – or 61 percent of total drug overdose fatalities in the U.S. “Chiropractic care is a hands-on, non-invasive approach documented to yield [improved clinical outcomes](#), reduced costs and high levels of patient satisfaction.”

According to a [report](#) published by the Agency for Healthcare Research and Quality (AHRQ), spinal manipulative therapy effectively and significantly reduced pain and improved function for patients with chronic nonspecific low back pain. Today, doctors of chiropractic (DCs) perform 94 percent of spinal manipulations in the U.S. Additionally, an earlier *BMC Musculoskeletal Disorders* [study](#) on upper cervical chiropractic care for neck pain, headache, mid-back, and low back pain concludes that 9.1 out of 10 patients indicated a very high level of patient satisfaction.

“Collectively, we need to implement changes across the health care continuum, and the care provided by a doctor of chiropractic is the key to effectively managing pain and avoiding opioid drug treatment,” adds Dr. McAllister, who notes that Americans consume [80 percent](#) of the world’s opioid supply, despite comprising less than five percent of the global population. “Health care providers across all disciplines should consider safe and effective conservative care options prior to prescribing addictive and potentially fatal opioids – which have yet to be deemed effective for long-term [pain](#) management.”

Under the new guidelines, the CDC encourages doctors to utilize conservative care prior to prescription painkiller treatment, and prescribe painkillers only after considering non-addictive pain relievers,

behavioral changes and alternative options. Additionally, the CDC recommends doctors prescribe the lowest effective dose possible, and only continue prescribing the drugs if patients show substantial improvement.

Doctors of chiropractic, who receive a minimum of seven years of higher education, are specifically trained to diagnose, evaluate and provide non-pharmaceutical care and rehabilitation to individuals suffering from acute and chronic musculoskeletal pain, headaches and general health concerns.

The F4CP is a not-for-profit organization dedicated to raising awareness about the value of chiropractic care, and cites chiropractic care as an integral part of the solution in mitigating opioid misuse, abuse and dependency.

For more information about chiropractic care or to find a doctor in your area, visit: [www.F4CP.org/findadoctor](http://www.F4CP.org/findadoctor).

#### **About Foundation for Chiropractic Progress**

A not-for-profit organization, the Foundation for Chiropractic Progress (F4CP) informs and educates the general public about the value of chiropractic care.

Visit [www.f4cp.com](http://www.f4cp.com); [www.yes2chiropractic.org](http://www.yes2chiropractic.org); call [866-901-F4CP](tel:866-901-F4CP) (3427). Social media: [Facebook](#), [Twitter](#), [LinkedIn](#), [Pinterest](#), [YouTube](#).

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