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Chiropractic Care Is Safer Alternative to Taking Opioids for Chronic Pain (Story URL)

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Do You Suffer From Joint Pain? Give Chiropractic Care a Try (Story URL)

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**Title:** Have Pain? Chiropractic Can Help and It's Safer Than Opioids and Other Pain Pills  
**Title Tag:** Know The Dangers of Prescription and Over-The-Counter Pain Pills — Read the Labels  
**Meta Description:** If you have back, neck, and/or joint pain and have been prescribed opioids, there is a safer alternative for pain management through chiropractic care.



**Content:** Three days. That's the maximum amount of time doctors are supposed to prescribe opioids for in most cases, according to the new guidelines the Centers for Disease Control and Prevention (CDC) released in March in an attempt to reverse the mounting death toll and serious adverse effects to the liver, stomach and kidneys from the overuse of prescription and over-the-counter pain pills.

But the guidelines are only a rule of thumb — voluntary standards — and a just released survey by the National Safety Council (NSC) shows just how difficult it could be to get physicians onboard: Not only did 99 percent of doctors polled say they prescribe the potentially highly addictive drugs for longer than three days, but — even worse, given their effect on the brain — 23 percent say they prescribe at least a month's worth at one time.

"Opioids do not kill pain, they kill people," says Dr. Donald Teater, the Council's medical advisor.

So what's a patient who wants a safer alternative for pain management to do?

The CDC and others, including the Food and Drug Administration, advocate for non-pharmacological approaches. Many experts recommend drug-free chiropractic care for those suffering from headaches and other neuro-musculoskeletal conditions involving the back, neck, and other joint-related extremity pain.

In fact, the whole "chiropractic-first" movement — over both prescription pills and elective surgery — is based on numerous studies showing it yields improved patient outcomes, higher satisfaction and lower costs.

"A more conservative and safer approach is needed, and yet you have 72 percent of doctors in the NSC survey prescribing opioids for back pain," says Sherry McAllister, DC, executive vice president of the not-for-profit Foundation for Chiropractic Progress, noting that doctors of chiropractic have a minimum of seven years of higher education and use techniques focusing on conservative spinal manipulation and structural adjustments, with advice on healthy living.

Learn more at [F4CP.com](http://F4CP.com).

**Keywords:** chiropractors, chiropractic care, sherry mcallister, foundation for chiropractic progress, CDC, deaths, prescription drugs, opioids

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