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HEALTH

Military Seeks Better Alternatives for Treating Pain Among Vets and Troops

NewsUSA

(NU) - For years, the military has worried that an over-reliance on prescription painkillers was putting both veterans and active-duty troops at risk of addiction, serious adverse reactions to the drugs, and accidental death. The problem was found to be greatest among veterans returning from Iraq and Afghanistan – particularly those with post-traumatic stress disorder – who, according to a recent study published in the Journal of the American Medical Association, may have been given "inappropriate prescriptions" for opioids in a misguided attempt to quickly relieve their suffering.

Finally, change appears to be coming as the military expands its use of alternative treatments like chiropractic care.

In fact, Dr. Robert D. Kerns, the national program director for pain management at the Department of Veteran Affairs, told the New York Times that the study "encourages" both his department, as well as the Pentagon's health system, "to build on our existing initiatives."

That would be welcome news to Congressional committees following up on last year's Veterans Health Administration scandal.

"We have said for a long time that sending a veteran out of the door with a bagful of pills is not a solution," Rep. Jeff Miller, R-Fla., said in investigating allegations that a Tomah, Wisconsin Veterans Affairs hospital was prescribing "excessive dosages of opiates."

Chiropractic care on the march.

As more research pours in, chiropractic care continues to gain supporters. A 2013 study published in the journal "Spine," for example, found that 73 percent of participating active-duty military patients with acute low back pain receiving a combination of chiropractic manipulative treatment and standard medical care rated their global improvement as "pain completely gone," "much better" or "moderately better."

Just 17 percent in the same study who received only standard care said likewise.

To learn more about chiropractic care or to find a chiropractor in your area, visit www.F4CP.org/findadoctor.

Foundation for Chiropractic Progress

Keywords: chiropractic care, Foundation for Chiropractic Progress, military personnel, military back pain, pain management
Meta Description: Experts and studies are pointing to alternative treatments like chiropractic care as a way to help military personnel overcome back pain and other conditions.

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