

**Media**

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**FOR IMMEDIATE RELEASE****Reports Indicate an Increase in Utilization of  
Complementary and Alternative Medicine for Arthritis Pain Relief**

**CARMICHAEL, Calif. – November 21, 2013** – A recent article entitled: "[CAM for Arthritis: Is There a Role?](#)," (*Medscape Rheumatology*, 9.25.13) found an increase in the use of complementary and alternative medicine (CAM), in comparison to lifestyle modification and pharmacotherapy, for the relief of arthritis pain. According to experts of the [Foundation for Chiropractic Progress](#) (F4CP), a not-for-profit organization dedicated to educating the public about the value of chiropractic care, this shift can be attributed to comprehensive, effective alternative methods, such as chiropractic care, for the prevalent musculoskeletal condition.

"Doctors of chiropractic (D.C.s) are trained in the management of musculoskeletal conditions, such as arthritis," shares Gerard Clum, D.C., spokesperson, F4CP, who references the opinion of rheumatologist, Nathan Wei, M.D, that noted in many cases D.C.s are more knowledgeable about the musculoskeletal system than other healthcare providers.

Dr. Clum adds, "The evidence-based, hands-on care provided by a D.C. helps to significantly relieve arthritic symptoms, such as joint pain and swelling, and improve range of motion, endurance and muscle tone and strength."

Among the CAM options available, chiropractic care is documented as one of the most popular among consumers, according to research published in the [Annals of Internal Medicine](#). Despite the evidence, many of the nearly 50 million individuals nationwide who suffer from arthritis still opt for prescription medication and surgical procedures, which often present less desirable and, in some cases, adverse outcomes.

"In one's journey to manage the wearing condition of arthritis, it is essential all available options be considered," says Dr. Clum. "Mounting evidence confirms choices, such as chiropractic care, present an opportunity for less risky and more effective clinical outcomes as well as higher levels of patient satisfaction. As the public becomes better educated and appreciates these findings, I expect that utilization of these services will only continue to rise."

**About the Foundation for Chiropractic Progress**

A not-for-profit organization, the Foundation for Chiropractic Progress informs and educates the general public about the many benefits associated with chiropractic care. To learn more about the Foundation, visit [www.yes2chiropractic.com](http://www.yes2chiropractic.com) or call 866-901-F4CP (3427).

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