

Media

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**FOR IMMEDIATE RELEASE****Senate Health Committee Examines Safer, Alternative Pain Relief Options, F4CP Points to Non-Drug Chiropractic Approach**

CARMICHAEL, Calif. – December 15, 2015 – The [Foundation for Chiropractic Progress](#) (F4CP), a not-for-profit organization dedicated to raising awareness about the value of chiropractic care, applauds the recent Senate health committee hearings which have begun to address alternative care options that doctors, health departments, law enforcement, families, and federal, state and local governments can implement to more effectively treat the [1.9 million](#) U.S. individuals suffering from prescription opioid abuse and dependence. One key solution that merits significant attention is the utilization of evidence-based, drug-free chiropractic care as a primary approach to pain relief, mitigating the need for opioids.

“As the prescription drug epidemic continues to spread across the nation, national leaders and industry professionals alike are taking a stand to modify public perception of pain and traditional pain relief modalities, and raise awareness about the health benefits of alternative options, such as chiropractic care,” states Sherry McAllister, DC, executive vice president, F4CP. “The first call-to-action for change is increased education about the risks of prescription opioid abuse and safer, non-pharmaceutical options, including chiropractic care which is documented to yield improved clinical outcomes and high patient satisfaction scores.”

According to the Institute of Medicine, pain is considered a major public health challenge. More than two percent of U.S. adults [report](#) regular use of prescription pain medications, over half of whom suffer from chronic back pain. In fact, during the course of a one-year [study](#), researchers observed 26,014 back pain patients and found 61 percent received a course of opioid therapy and 19 percent were long-term opioid users. Doctors of chiropractic (DCs), who have a minimum of seven years of higher education, including patient management, are specifically trained to diagnose, evaluate and provide drug-free care and rehabilitation to individuals suffering from acute and chronic musculoskeletal pain, including back pain, as well as general health concerns.

“While opioids are commonly prescribed for acute and subacute low back pain, there is inconclusive [evidence](#) associated with the effectiveness of opioids for pain management,” says Dr. McAllister, who notes that past [research](#) concludes patients have a greater reduction in pain with chiropractic than with standard medical treatment. “It is critical that health care providers thoroughly investigate the reason for the patients’ pain upon the initial consultation and execute a safe and appropriate care plan to ensure long-term relief.”

As mounting evidence continues to surface touting the benefits of alternative care for pain relief, a number of reports, including, [*"Never Only Opioids: The Imperative for Early Integration of Non-Pharmacological Approaches and Practitioners in the Treatment of Patients with Pain,"*](#) (PAINS Project Policy Brief: Fall 2014, Issue 5), support the early utilization of drug-free care, including chiropractic care, for pain relief. In 2015, the Joint Commission, which certifies nearly 21,000 health care organizations and programs in the U.S., including every major hospital, revised its [pain management standards](#) to include chiropractic services.

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

About Foundation for Chiropractic Progress

A not-for-profit organization, the Foundation for Chiropractic Progress aims to inform and educate the general public about the many benefits associated with chiropractic care. To learn more about the Foundation, please visit us on the web at www.f4cp.com and www.yes2chiropractic.org or call [866-901-F4CP](tel:866-901-F4CP) (3427).

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