



Media

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Foundation for Chiropractic Progress: Study Shows Acetaminophen Ineffective in Reducing Back Pain, Chiropractic Care Rapidly Becoming First Option for Pain Relief

CARMICHAEL, Calif. – April 21, 2015– With a newly released [report](#) in the prestigious *British Medical Journal* providing credible evidence that acetaminophen is ineffective for reducing pain intensity and disability or improving short-term quality of life for people with low back pain, the [Foundation for Chiropractic Progress](#) (F4CP) points to growing acceptance of chiropractic care as the primary approach for managing back pain.

“While many people with back pain traditionally turned to acetaminophen as the first option for pain relief, this new report – ‘Efficacy and safety of paracetamol for spinal pain and osteoarthritis: systematic review and meta-analysis of randomized placebo controlled trials’ (March 2015) -- is changing public perception and use of this drug,” states Gerard Clum, DC, spokesperson, F4CP, a not-for-profit organization dedicated to raising awareness about the value of chiropractic care. “Most alarming is that overuse of the drug can result in liver damage and/or failure.”

The study’s conclusion, which was drawn by colleagues at the George Institute for Global Health at the University of Sydney in Australia, came following the review of 13 studies that looked at which treatments alleviated lower back pain and arthritis. In addition to finding acetaminophen ineffective, the researchers recommended individuals try managing pain with exercise and stretching.

“Mounting evidence confirms that early use of chiropractic care for pain management generates optimal patient outcomes,” states Dr. Clum, citing a statement from the [American College of Physicians](#) that spinal manipulation is the most effective treatment for acute lower back pain, and for chronic back pain, a combination of manipulation and exercise.

Doctors of chiropractic in the United States currently perform over 94 percent of spinal manipulations, and provide millions of patients with advice regarding appropriate nutrition, exercise and lifestyle behaviors.

“While over-the-counter drugs, such as acetaminophen, are readily available, there needs to be greater understanding of the risks associated with these drugs,” advises Dr. Clum. “Now that they are shown to be ineffective in managing back pain, there should be no reason to ever take them for this purpose. Chiropractic is the most logical, effective approach.”

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 (F4CP) aims to inform and educate the general public about the many benefits associated with chiropractic care. To learn more about the F4CP, please visit us on the web at www.f4cp.org or call 866-901-F4CP (3427).

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