

Media

Megan Kivlehan
201-641-1911 (14)
mkivlehan@cpronline.com

**FOR IMMEDIATE RELEASE****Foundation for Chiropractic Progress Points to Chiropractic Care as Primary Approach for Management of Low Back Pain**

CARMICHAEL, Calif. – September 14, 2015 – A recent study, [*Epidural Corticosteroid Injections for Radiculopathy and Spinal Stenosis: A Systematic Review and Meta-Analysis*](#) (*Annals of Internal Medicine* 8.25.15), concludes that epidural corticosteroid injections for radiculopathy and spinal stenosis are ineffective for long-term pain relief and have no effect on long-term surgery risk. In response, experts at the not-for-profit [Foundation for Chiropractic Progress](#) (F4CP), point out that utilization of chiropractic care is documented to yield improved clinical outcomes and patient satisfaction, and a 28-percent [reduction in the likeliness of surgery](#) when used as a primary approach in the management of spine-related conditions.

“Chiropractic care is a conservative, evidence-based approach, which includes manual and/or instrument spinal care, postural advice, exercise, stretching and general lifestyle counsel – providing patients with a non-invasive, long-lasting solution for optimal pain relief,” states Gerard W. Clum, D.C., spokesperson, F4CP, noting that low back pain ranks as the leading cause of disability worldwide, with [31 million Americans](#) experiencing back pain at any given time. “As new research continues to surface citing the inadequacy of some treatment options, such as epidural corticosteroid injections, it is time for the public to reexamine their care plans and consider safer, more effective options, including chiropractic care.”

[Research](#) confirms epidural corticosteroid injections are still the most commonly performed intervention in the U.S. for management of chronic low back pain despite the documented inefficiency, harmful risks and associated costs, which can span upward of \$600 per injection. The care provided by a doctor of chiropractic provides patients with high-quality, cost-effective treatment, with cost per episode recognized at [40 percent](#) lower in comparison to patients who initially receive medical care. A doctor of chiropractic receives a minimum of seven years of education, which includes clinical patient management and a passing score on national and state boards.

“Today, a growing number of health care professionals understand the value of chiropractic care in successfully addressing lower back pain,” states Dr. Clum, who references the F4CP white paper, [A Safer Approach to Long-term Relief from Back Pain: Understanding the role of chiropractic care as the first option in providing drug-free, non-invasive effective back pain management.](#)

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.f4cp.com and www.yes2chiropractic.com or call 866-901-F4CP (3427).

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