

Media

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**FOR IMMEDIATE RELEASE****F4CP Issues Statement on Pain Management, Commends National Safety Council Report: Drug-Free Chiropractic Care is Safe, Effective First Option to Avoid Opioids**

HASBROUCK HEIGHTS, NJ – April 04, 2016 – Responding to the new [survey](#) results published by the National Safety Council (NSC) which conclude that 99 percent of doctors prescribe highly addictive opioid pain medications for longer than the three-day recommended guidelines from [Centers for Disease Control and Prevention](#) (CDC), the [Foundation for Chiropractic Progress](#) (F4CP), the voice of the chiropractic profession, issues this statement:

“With 72 percent of doctors prescribing opioids for back pain and 67 percent prescribing these potentially addictive drugs for chronic joint pain, the F4CP points to the value of evidence-based, drug-free chiropractic care as a safe and effective alternative for pain management often resulting from back, neck, musculoskeletal conditions and headaches. Given the high prevalence of these musculoskeletal conditions -- an estimated 126.6 million Americans (one in two adults) validated by a March 2016 report from the [United States Bone and Joint Initiative \(USBJI\)](#) – the care provided by doctors of chiropractic (DCs) becomes even more important.”

The F4CP, a not-for-profit organization dedicated to raising awareness about the value of chiropractic care, aligns with the NSC in calling for all health care providers to use non-opioid therapies first, not use opioids routinely for chronic pain, to assess the risks and harms of painkillers, and monitor and discontinue the use of opioids. While opioid medications may provide short term pain relief, they do not treat the underlying cause of acute and chronic pain. Even over-the-counter pain relievers, including acetaminophen, have been [documented](#) as ineffective and potentially harmful when overused.

With the NSC survey also reporting that nearly [70 percent](#) of doctors base their opioid prescribing decisions on patient expectations, the F4CP advocates for increased communications to patients about the benefits of conservative care, including chiropractic, for pain relief, wellness and healthy lifestyle choices.

Recognizing the significant need to modify the way pain is managed in the U.S., the F4CP continues to reinforce the recommendations of the [Department of Health and Human Services](#) (HHS) which released its [National Pain Strategy](#) (NPS) just days after the CDC implemented its new opioid prescribing

[guidelines](#). The NPS offers recommendations to prevent and manage pain with the utilization of appropriate, high-quality and evidence-based care.

As primary care professionals for spinal health and well-being, doctors of chiropractic receive a minimum of seven years of higher level education, and specialize in drug-free, hands-on diagnosis and management of acute and chronic neuromusculoskeletal conditions. According to The [World Health Organization](#), which offers guidelines on basic training and safety of chiropractic care, “(. . .) *Chiropractic care is safe and effective for the prevention and management of a number of health problems...Chiropractic practice emphasizes conservative management of the neuromusculoskeletal system, without the use of medicines and surgery.*”

For additional information, contact www.f4cp.com, Sherry McAllister, DC, executive vice president, F4CP.

About Foundation for Chiropractic Progress

A not-for-profit organization, the Foundation for Chiropractic Progress (F4CP) informs and educates the general public about the value of chiropractic care.

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