



Chiropractic Use in the Medicare Population: Prevalence, Patterns, and Associations with 1-Year Changes in Health and Satisfaction with Care

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Unadjusted Differences in Outcomes		
Function and Mobility Declines in:	Users of Chiropractic	Medical-Only
ADL's	0.14	0.21
Lifting	0.21	0.29
Reaching	0.17	0.22
Walking Several Blocks	0.23	0.27

65 years old- minimum age of patients examined in this study

"Medicare beneficiaries that use chiropractic care are comparatively more satisfied with their follow-up care and with the information provided to them about their condition."

The prevalence of spine-related complaints in our aging population is a growing concern due to the expected strain it will place on our health care system. A variety of spine complaints have been shown to directly impact a persons' ability to perform activities of daily living (ADL). With a decreased ability to perform ADL's, these patients ultimately become less able to sustain independence as they age.

This study shows that older patients who visit a chiropractor for spine-related complaints have less disability and improved self-rated health at 1 year. Additionally, the patients report a very high satisfaction with care. Depending upon the patients' history, underlying conditions, and examination findings, we may choose to utilize low-velocity chiropractic techniques as opposed to the traditional high-velocity manipulation. Reducing pain and intradiscal pressure, maximizing range of motion, and maintaining an active lifestyle are examples of our treatments goals for patients undergoing degenerative changes due to the aging process.

"The unadjusted models show that chiropractic is significantly protective against 1-year decline in activities of daily living, lifting, stooping, walking, self-rated health, and worsening health after 1 year."

"Recent research, however, suggests that chiropractic use benefits older Medicare beneficiaries (<70 years) by protecting them against decline in function and self-rated health."

"Evidence of chiropractic efficacy has shown a minimally effective "dosing" level of up to 12 treatments over a several week period, with some studies suggesting that an additional monthly treatment thereafter prolongs the benefit."

We believe in creating a healthier community. We believe patients have better outcomes when physicians work together. Let's build a healthier tomorrow.