

Chiropractic can be the missing piece to your company's wellness puzzle.

Chiropractic--Evidence of Health!

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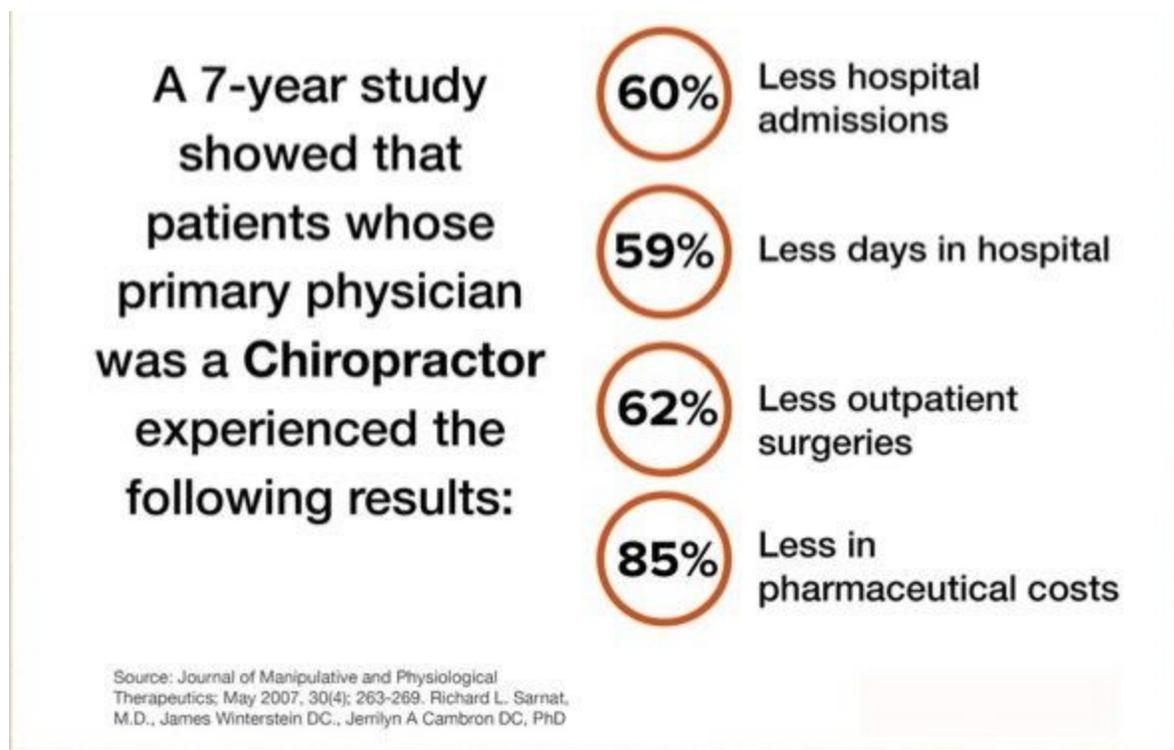
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When corporate offices think of wellness measures to improve employee satisfaction, absenteeism, longevity, productivity, and injury prevention, a reality that confronts them is return on investment. What can be done that gets maximum "wellness" promotion for the company dollar.

One would be hard pressed to find a healthcare sub-industry where the term "wellness" is used and wellness measures have been studied as much as chiropractic. Wellness chiropractic, much like dental hygiene for teeth, involves routine spinal checks for optimal alignment in order to enhance

health and performance. According to a 2015 Gallup Poll, more than half those polled have had a very positive experience with chiropractic and more than 31% of chiropractic users want to see a chiropractor on a regular basis, even if they do not have pain. Real wellness chiropractic (a small percentage of chiropractic offices) is a very focused niche within chiropractic. Refer to our article *Wellness Chiropractic--DreamTeam for Corporate Wellness* for information on how to identify a wellness or non-therapeutic chiropractor.

Let's take a brief look at just some of the data. A classic study is summarized in the graphic below. It was an extended duration study looking at a large sample size that appeared in the Journal of Manipulative and Physiological therapeutics.



Also highly supportive, a comprehensive geriatric assessment program, the RAND Corporation studied a sub-population of patients who were under chiropractic care compared to those who were not and found that the individuals under continuing chiropractic care were more commonly...

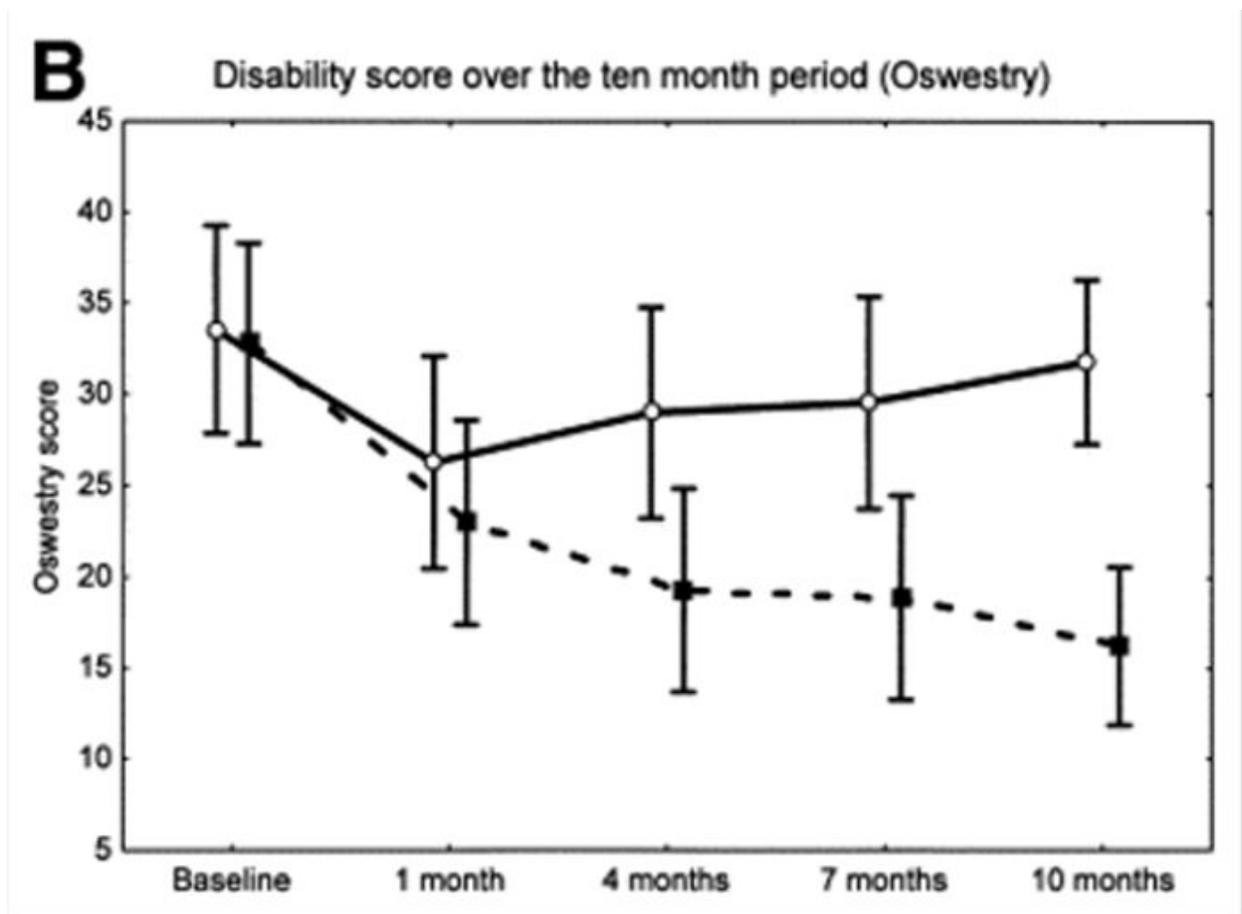
- free from the use of a nursing home (95.7% vs 80.8%);

- free from hospitalizations for the past 23 years (73.9% vs 52.4%);
- more likely to report a better health status;
- more likely to exercise vigorously; and
- more likely to be mobile in the community (69.6% vs 46.8%).

Even more persuasive data of all comes from a 2005 study looking at 29 patients with chronic health disability.

In terms of disability (as indicated by a modified Oswestry questionnaire), the group receiving the supplementary maintenance treatments continued to improve throughout the entire 10 month period, while the cohort lacking the additional visits reverted to baseline levels within that same period.

See figure below where the dashed line represents the group without maintenance care while the solid line demonstrates the group with chiropractic maintenance care.



The authors of this study speculate that repeated chiropractic visits may have been the direct cause for the improvement of disability scores due to improved trunk mobility, facilitated release of entrapped nerves (subluxations), or relaxation of hypertonic muscle by sudden stretching.

Please contact Fall Chiropractic in Cambridge, Ohio at 740-432-7600 to discuss a free talk to staff about implementing an individual spinal hygiene program that's right for them. See our office web page at www.fallchiropractic.com.