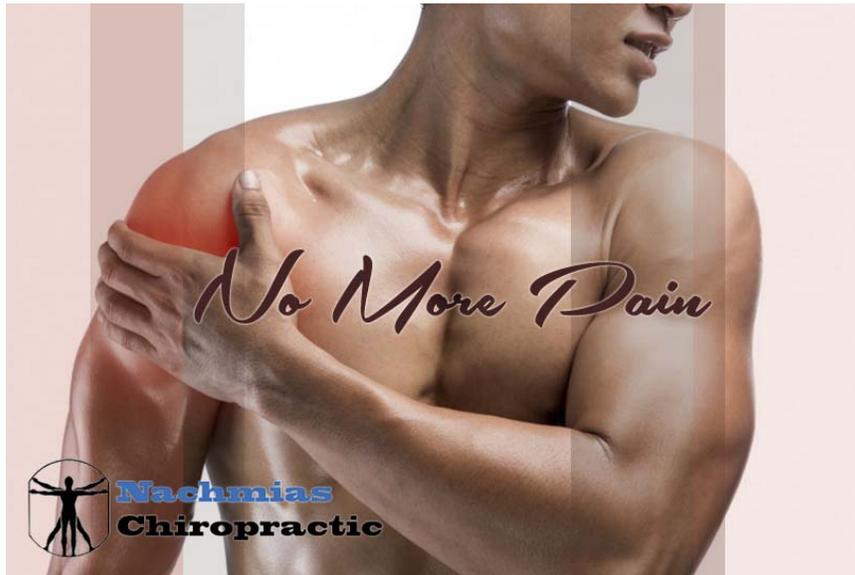


# Why Chiropractic Is Superior for Musculoskeletal Pain



*Countless studies have demonstrated that chiropractic care is a safe and effective way to treat musculoskeletal complaints like back pain, neck pain, or sciatica.*

Now a new study from Switzerland has looked at the relative benefits of chiropractic compared to medical care for the most common types of pain issues.

In this study, the authors examined data from people who reported spinal, hip, or shoulder pain. 403 patients saw a medical doctor for relief; 316 people saw a chiropractor. Four months after treatment, the patients were asked to fill out a survey reporting on their recovery.

## **Chiropractic vs. Medical Care**

The authors found that:

- Patients initially consulting MDs had significantly less reduction in their numerical pain rating score.
- Patients who saw MDs were significantly less satisfied with the care they received and the outcome of that care.
- Patients who saw a chiropractor had significantly lower healthcare costs for their treatment.

## **Conclusion of Study**

The conclusion of the study indicated that patients should first be referred to a chiropractor for musculoskeletal problems, rather than a medical doctor:

“The findings of this study support first-contact care provided by DCs as an alternative to first-contact care provided by MDs for a select number of musculoskeletal conditions. Restrictive models of care in which patients are required to contact a medical provider before consulting a chiropractic provider may be counterproductive for patients experiencing the musculoskeletal conditions investigated and possibly others.

In addition to potentially reducing health care costs, direct access to chiropractic care may ease the workload on MDs, particularly in areas with poor medical coverage and hence enabling them to focus on complex cases. The minority of patients with complex health problems initially consulting a chiropractic provider would be referred to, or co-managed with, a medical provider to provide optimal care.” (Source: chironexus.net).

## **Best Chiropractor in New York – Dr. Adam Nachmias**

Next time you experience any type of musculoskeletal pain, or other common pain symptom like; migraines and headaches, neck and low back pain, and also work related injuries, whiplash injuries, allergies or stress symptoms, give Dr. Adam Nachmias - Nachmias Chiropractic a call or a visit.

Dr. Adam Nachmias got awarded *Best Chiropractor in New York* by Expertise and Opencare, both in 2015 and 2016. Dr. Adam has more than 26 years of experience treating patients and they all adore his work and feel healthier than ever.

### ***Why Don't You See for Yourself from His Patient Reviews:***

<http://calldradam.com/chiropractic/patient-reviews/>

To book an appointment with Dr. Adam Nachmias, call any of our New York offices:

Brooklyn: 718-238-8900

Manhattan: 212-924-1700

Or book online: <http://calldradam.com/contact/book-online/>

**Nachmias Chiropractic – We Got Your Back!**