

# Many Medical Doctors Recommending Chiropractic Care For Back Pain Relief

***Harvard Study: Low Back Pain  
Patients Significantly More Satisfied  
With Chiropractic Than  
Conventional Medical Care.***



**Dr. Lidia Adkins  
Gastonia Doctor of Chiropractic**

At the 17<sup>th</sup> annual North American Spine Society meeting, three medical doctors defended Chiropractic by citing a Harvard study that found low back pain patients were significantly more satisfied with Chiropractic treatments compared to conventional medical care.\*

Dr. Zigler, MD, after researching “myths,” found that Chiropractic education is more similar to medical education than it is dissimilar.

Dr. Zigler had integrated Chiropractors into his multi-disciplinary spine center where the Chiropractors screen patients for surgical versus non-surgical care.

Dr. Cole, MD, stated, “overall, manipulation has the advantage of reducing pain, decreasing medication, rapidly advancing physical therapy and requiring fewer passive modalities.” (Manipulation is one of the primary treatment techniques used by Doctors of Chiropractic.)

He also recommends that spine surgeons refer their patients to Chiropractors.\*

Like all doctors’ offices, care may vary from office to office. So if you are looking for a Chiropractor who offers short term, affordable fibromyalgia symptom care, or if you have questions, call Gastonia Chiropractor Dr. Lidia Adkins at 704-853-8000. You can be seen immediately with no obligation to extensive treatment plans.

#### **References**

\*Haldeman S, Cole A, Zigler J, et al. Spinal manipulation in spine care: who? why? when? Presented at the North American Spine Society 17th Annual Meeting, Oct. 29-Nov. 2, 2002, Montreal.

Haldeman S, Chapman-Smith D, Petersen DM Jr. Time to recognize value of chiropractic care? Science and patient satisfaction surveys cite usefulness of spinal manipulation. *Orthopedics Today* February 2003;23(2). pp14-15.