

The Prevalence, Patterns, and Predictors of Chiropractic Use Among US Adults

Spine. 2017

Chiropractic care is one of the most commonly used complementary health approaches in the world. Researchers have discovered that over the past 15 years, there has been a growing trend of chiropractic use.

Spinal pain, and specifically neck and back problems, are the top reasons why people choose to visit a chiropractor. Recent guidelines have placed spinal manipulation, a hallmark of chiropractic, as a recommended treatment option for spinal conditions due to its efficacy at reducing pain and improving function. This specific study found chiropractic users to report not only a high satisfaction with the results of their particular complaint but also a reported increase in overall health and well-being.

It's estimated that only 17% of chiropractic patients are referred by a medical provider. We believe there is a tremendous opportunity to work closely with practices like yours to provide a non-pharmacological approach to the treatment of spine pain.

"Lifetime and 12-month prevalence of chiropractic use were 24.0% and 8.4%, respectively. There is a growing trend of chiropractic use among US adults from 2002 to 2012."

"Back pain or back problems (63.2%) and neck pain or neck problems (30.2%) were by far the top specific health problems for which people consulted a chiropractor in the past 12 months..."

"Many respondents reported positive outcomes of chiropractic utilization agreeing that such care had helped them to improve overall health and make them feel better (66.9%), to sleep better (41.9%), and to reduce stress or to relax."

