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Wayne B. Jonas, MD
President and CEO
Samueli Institute

Study: Active Duty Military with Low Back Pain Show Significant Improvement from Chiropractic Care

A study published in the scientific journal *Spine* in 2013 shows that active duty military who receive chiropractic care along with standard medical care for low back pain have a significant reduction in acute pain compared to colleagues who get standard care only. Patients receiving chiropractic care also reported improved physical function.

The study is the result of a randomized controlled trial, the gold standard in scientific evidence for health care policy, which took place over a period of 18 months at William Beaumont Army Medical Center (WBAMC), Fort Bliss, El Paso, Texas. Participants were 91 active-duty military personnel between 18 and 35 years old.

Samueli Institute funded the Palmer Center for Chiropractic Research to conduct the study to learn what works and to put good practices into use.

“It is critical that we continue to explore drug-less approaches to reduce pain,” said Wayne B. Jonas, MD, President and CEO of Samueli Institute. “Chiropractic care is an important option to consider for musculoskeletal disorders—the most prevalent pain complaint in the military.”

Patients with acute low back pain receiving a combination of chiropractic manipulative therapy and standard medical care experienced a statistically and clinically significant reduction in their back pain and improved physical functioning when compared to those receiving standard medical care alone.

“This is a significant step for recognizing the value of chiropractic care in the military,” said Col. Richard Petri, Chief of the Interdisciplinary Pain Management Center (IPMC) at WBAMC. “Continued research in this area will ultimately result in better healthcare delivery systems as well as the improved health of our beneficiaries.”

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