



<<< Back To Brochures

## Work Injuries



No matter what disease or condition you have, you can benefit from a healthy spine. Spinal health can be as important for your overall healing as proper nutrition. Are you and your family carrying the vertebral subluxation complex in your spines? Only a chiropractic spinal checkup can tell. Among the many things contributing to your health: the quality of the air, food and water you take in; how you handle emotional stress; your inherited weaknesses and strengths; your use of drugs; exercise; and relaxation—a health spine is absolutely essential. In some people it is a major factor and can make the difference between a life of health, strength and vitality or a life of disease, weakness and

## Work Injuries

We are now facing an epidemic of lower back disability in all western societies...and there is now sufficient evidence to demand the fundamental reappraisal of our basic strategy of management for low back pain.

--Gordon Waddell, M.D. (orthopedic surgeon) 1993

Hurt on the job? You're not alone—millions of people are suffering from all types of job injuries ranging from the stress of working in a bad position to improper lifting or carrying to falls and other trauma. Among the most common on-the-job injuries is spinal injury. That's one of the reasons why 85 percent of the population will experience disabling low back pain at least once during their lives! That's almost all of us. The problem is so bad that at any one time, according to one researcher, 6.8% of the U.S adult population is suffering from an episode of back pain lasting more than two weeks, with the estimated cost of lower back problems in the U.S. being over \$50 billion a year.

### Workers' Compensation Plans

Workers' compensation plans reveal that more than twice as many claims are filed for back "sprains and strains" than any other category of injury. Although 30% of all claims are for back problems, the chronic (long-term) nature of these conditions gives rise to 60% of all compensation paid.

The Standard Medical Approach  
The standard medical approach to back pain varies depending on the severity of the condition. Usually muscle relaxers, painkillers and rest are prescribed sometimes in conjunction with traction, diathermy, ultrasound, hot packs, cold packs and other procedures.



### Surgery

Surgery may be resorted to if all else fails. The medical approach is at times necessary. Surgery, however, has its attendant problems. According to some studies, more than half of all spinal surgery for lower back problems should never have been performed. Many

disability.  
A healthy spine can  
improve your life—  
see your  
chiropractor for  
periodic spinal  
checkups.

people who have had back surgery report a recurrence of their symptoms within a year or two of the operation and may return to the operating table. In some cases the surgery makes no difference whatsoever. And in some cases it does give long-term relief.

### **The Chiropractic Approach**

Chiropractic has been a blessing to millions with back problems, often saving them from pain, disability, drugs and surgery. And yet chiropractic is not a treatment for back problems. The chiropractor's job is to make the spine healthier by correcting vertebral subluxations and relieving spinal nerve damage. This may make the difference between health and disability, comfort and pain.

### **What Do Workers' Compensation Studies Reveal?**

#### **Florida Study**

Claims for 10,000 cases (1985-86) showed: under standard medical care the patient was disabled for 59 days; under chiropractic: 39 days. Because of the shortened disability time, the average cost of chiropractic care was less than half that of medical care for the same conditions.

#### **Utah Study**

A study of 3,062 back injury claims revealed chiropractic cost a fraction of what medical care would have cost. People under medical care returned to work after 21 days; those under chiropractic returned to work after 3 days.

#### **Oregon Study**

An Oregon study revealed that under medical care 41% could return to work after one week, but under chiropractic care 82% were able to return to work after one week.

#### **California Study**

C. Richard Wolf, M.D. compared 500 people sent to medical doctors and 500 sent to chiropractors. The chiropractic patients returned to the job after 15.6 days while those under medical care remained disabled for 32 days.

### **The Facts Speak For Themselves**

"Scientific studies...show that doctors of chiropractic relieve chronic and severe pain, both immediate and long term, in one half the time it takes medical physicians not trained in chiropractic procedures... controlled empirical studies can and have been conducted. There are now in excess of 60 scientific studies which demonstrate the value of manipulation...a most effective and cost-effective form of treatment for dysfunctional problems in the cervical, thoracic, and lumbar spines.

### **Conclusion**

Studies have shown chiropractic to be more beneficial and cost effective than standard American medicine for lower back complaints. It would therefore appear that the prudent thing for those with back injuries and lower back sprain/strains would be to consult with a doctor of chiropractic before resorting to medical treatments which cost more, are less effective and are more traumatic to the body.

Why does chiropractic have such an enviable record in low back pain? Because painkillers, muscle relaxers, braces, physical therapy

and surgery are not designed to correct vertebral subluxations—  
chiropractic is!

---

Dr. Woodrow W. Gwinn, Jr. Owner and Director of Clinics

---

Telephone  
in Maryville 865-977-0916  
in Madisonville 423-442-4153