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CHIROPRACTIC AS DRUG-FREE ALTERNATIVE FOR LOW-BACK PAIN

The Chiropractors' Association of Australia National President Dr Lawrence Tassell is calling for the Australian Government to provide more support and greater inclusion of chiropractic in the public health care system, following results published on the ineffectiveness of paracetamol for low-back pain.

The Chiropractors' Association of Australia (CAA) notes the latest evidence-based research about using simple drugs like paracetamol, known to most people under different brand names, for low back pain was no better than using a placebo.

With reference to the study published in one of the world's most reputable journals of scientific medicine, The Lancet, Dr Tassell said low back pain remains a major cost to Australian society, both in terms of ineffective interventions and days lost from work.

He stated "the latest published research conveys to Government that paracetamol does not affect recovery time compared with placebo in people with low-back pain, and questions the universal endorsement of paracetamol in this patient group."

What this means is that pain-killers may simply hide the symptoms but they certainly do not fix the problem. Dr Tassell said drugs may reduce pain in some cases, but the evidence presented now is that they do no better in resolving the problem than a sugar pill. "Chiropractic is a drug free, surgery free approach to low back pain. Chiropractors concentrate on finding the cause of the problem and correcting it with a mixture of treatment and rehabilitation options," Dr Tassell said.

Providing a natural approach to low back pain, chiropractors recognise the value in helping workers with back injury to return to work as quickly as possible.

Dr Tassell added one of the biggest benefits of chiropractic went beyond the relief of pain to actually addressing the underlying cause of the problem. The benefits are long term and at low cost to the public health system.

This latest study indicates the urgency and necessity for the Government to release research funds to study drug-free approaches to treating low-back pain as provided by chiropractors.

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More Information:

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