



WEBER CHIROPRACTIC OFFICE, S.C.
Providing Choices in Complementary Health Care
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –
Low Level Laser – Nutrition – Medical Weight Loss



Old Beliefs – New Evidence

For as long as I can remember, chiropractors have been accused of keeping the patient coming back forever. When someone was injured at work and suffered a back injury, they always had to go the medical doctor to find out what was “really wrong”. Two new studies from different parts of the world cast significant doubt on both of these long held opinions.

A study published in the April 2011 issue of the *Journal of Occupational and Environmental Medicine* **suggests** that when it comes to work-related **lower back pain**, the risk of recurrent disability is **lower** for patients treated primarily by a doctor of chiropractic (D.C.) rather than by a physical therapist (P.T.) or medical doctor (M.D.). In fact, the study showed that patients under the primary care of physical therapists had a 16.9% incidence of recurrent lower back pain and those treated by a physician had a 12.5% incidence of recurrent lower back pain, while those under the primary care of a chiropractor had only a 6.5% incidence. This translates into **significantly lower costs for care** related to lower back pain when treated by the D.C. Other conclusions from the study state that the group treated primarily by a D.C. “had fewer surgeries, used fewer opioids (narcotics), and had lower costs for medical care than the other provider groups” (P.T. and M.D.).

In two recent studies, one of which was from a group of medical doctors in Egypt trained in manipulative therapy and another study reported in the medical journal *Spine*, showed that when patients were treated for nine additional months after an intensive one month course of care, they reported significant improvement in pain and disability as measured by standardized tests used to measure pain in patients. I recently had a patient in his sixties who I have been able to treat monthly over the last four years due to a settlement with a worker’s compensation claim. This man had three back surgeries as a result of his injuries and still had back pain. A recent MRI compared with an MRI in 2008 showed no changes in disc degeneration or any increase in arthritic changes in his lower spine and no stenosis (narrowing of the spinal canal). There is usually a gradual progression of all of these changes in a person with three back surgeries.

The bottom line is that chiropractic physicians have long maintained the benefits of both short term and long term care of the lower back with manipulative therapy and finally there are studies to back this up. **Maybe Medicare will someday realize** that it is more cost efficient and beneficial for patients to receive ongoing care rather than the current policy of treating patients until they are feeling better, releasing them from care, and waiting until the problem flares up again.

Electronic Medical Records

Our office has started using an electronic medical record known as **Chart Talk**. This program uses **Dragon Medical** software to allow me to dictate my notes and to have them immediately printed into the patient’s chart. I have installed a computer in each treatment room. When you come into the office, you will hear me verbally describing what your problem is, any orthopedic and functional tests that I have performed, what your diagnosis is, and the planned treatment for that condition or the daily update of your condition. Most patients are finding the process very informative. Like anything else involving new computer software, there is a learning curve but things have been going well in the first two weeks. **The future is now at our office.**

Again, thank you for being our patient!
We appreciate you and look forward to serving you.

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