



AdvaCare Clinics
Advanced Healthcare Solutions

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AdvaCare Clinics: Work Injury Pain Relief with Chiropractic Care

Work Injuries: As of 1989 the National Institute of Handicap Research (NIHR) estimated that every year 560,000 workers sustain injury or illness which disables them for over 5 months. Half of these never return to work.

Workman's Compensation is the classification of an injury that occurs to an employee during the course of their normal work duties. There is really no one particular type of injury, though the most common is lower back pain and repetitive stress injuries, including carpal tunnel syndrome that we treat on a regular basis. They are also the biggest cause of work absenteeism and the largest expense for companies in the workers compensation arena. The total annual costs of low-back pain in the United States—including lost wages and reduced productivity—are more than \$100 billion.

Other injuries that are common include: knee, hip and joint injuries, rotator cuff injuries, and a variety of back and neck sprain/strains. Due to the physical nature of their jobs and the weight of the uniforms and utility belts, many Police Officers and Firefighters suffer from back and neck sprains/strains and sciatica.

Many occupations require a worker to perform the same motion dozens, hundreds or thousands of times each month. These are given the public's increasing use of natural and alternative approaches to health care, it is not surprising that many injured workers are turning to chiropractic care for treatment of their injuries.

Most injured workers in this state who access chiropractic care do so after trying more traditional medical approaches. The motives for seeking chiropractic care are numerous, and include the inability to tolerate the drugs they are given, the often impersonal treatment by large employer-directed clinics, or they are simply not improving and are looking elsewhere for help.

Doctors of chiropractic provide a conservative, holistic approach to health care that focuses on neuromusculoskeletal conditions. Chiropractors use a natural approach to treating on the job injuries as opposed to medications that may merely mask pain and can cause serious side effects. Repetitive motions often result in a cumulative type of trauma. This is also known as a Gillette injury and is fully compensated as a work comp injury. The onset of this type of injury is often gradual. Injuries that occur over time can actually be much worse than a sudden fracture or other work injury. The severity of the injury is not always known right away.

The primary goal is to get patients back into the workforce, however, never before they are actually physically prepared. It is important to receive proper care following a work

injury, not only to stop the pain, but to restore the patient to comfortable and pain-free functioning. Without proper healing, it's more likely that a work injury could later reoccur.

Chiropractic care continues to be one of the top treatment options for work related injuries. Research studies sponsored by over a dozen state governments have proven time and time again that chiropractic is over twice as effective at getting injured workers back to work with half the disability and at half the cost. If you are the employer, it would only make sense that you should require all injured workers to be seen by a chiropractor first.

A recent study conducted by medical and healthcare professionals outside the chiropractic profession, "Health Maintenance Care in Work-Related Low Back Pain and Its Association with Disability Recurrence," (Journal of Occupational and Environmental Medicine, April 2011, Vol. 53 Is. 4, p: 396-404) concludes chiropractic care to be more effective for common, work-related, low back pain (LBP), when compared to treatment by a physical therapist or physician.

Overall, the study showed chiropractic patients had lower medical expenses, disability recurrences and shorter initial periods of disability. Chiropractic actually saves Federal and Private Insurers \$15,897,840,000 and adds \$692,160,000 in Wages to Americans.

Work injuries can be devastating, emotionally, physically and financially. If you do find yourself in a situation where you're experiencing pain with injuries that compromise your ability to work, you may qualify for care under your company's workers' compensations policy. What many people don't realize (and their employer may not tell them) is that chiropractors and chiropractic treatments are covered by your workers' compensation insurance.

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Whether it is a single adjustment or a series of treatment, your chiropractor is one of the best options to get you healing on the right path to recovering from your injury. This is the precise goal the workers' compensation system is attempting to achieve.

Employees may choose their health care provider for treatment of a work-related injury. The Minnesota workers' compensation statutes entitle an employee to reasonable and necessary medical treatment or supplies to cure or relieve the effect of the work injury. The employer is required to furnish medical treatment as described in [Minnesota Statutes 176.135, subd. 1](#), which includes psychological, chiropractic, physical therapy, acupuncture, podiatric, surgical and hospital treatment.

Do you need to know more? If you are suffering from a work related injury, don't turn to medication; contact AdvaCare Clinic today to schedule an appointment at 952-835-6653.