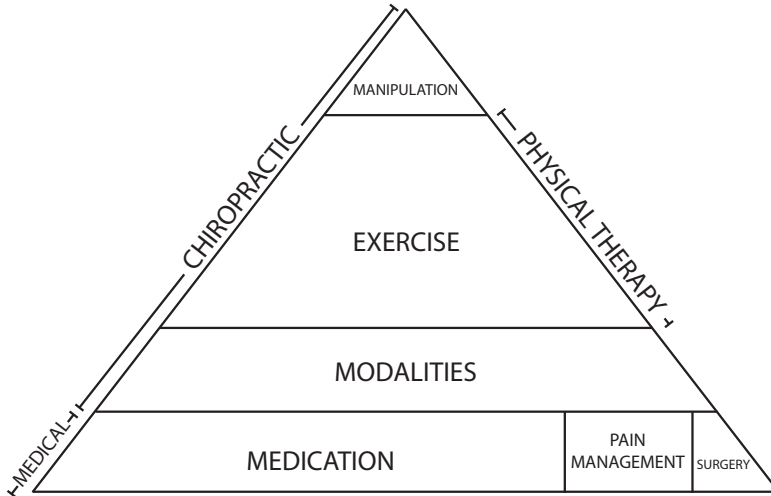


The Musculoskeletal Treatment Pyramid

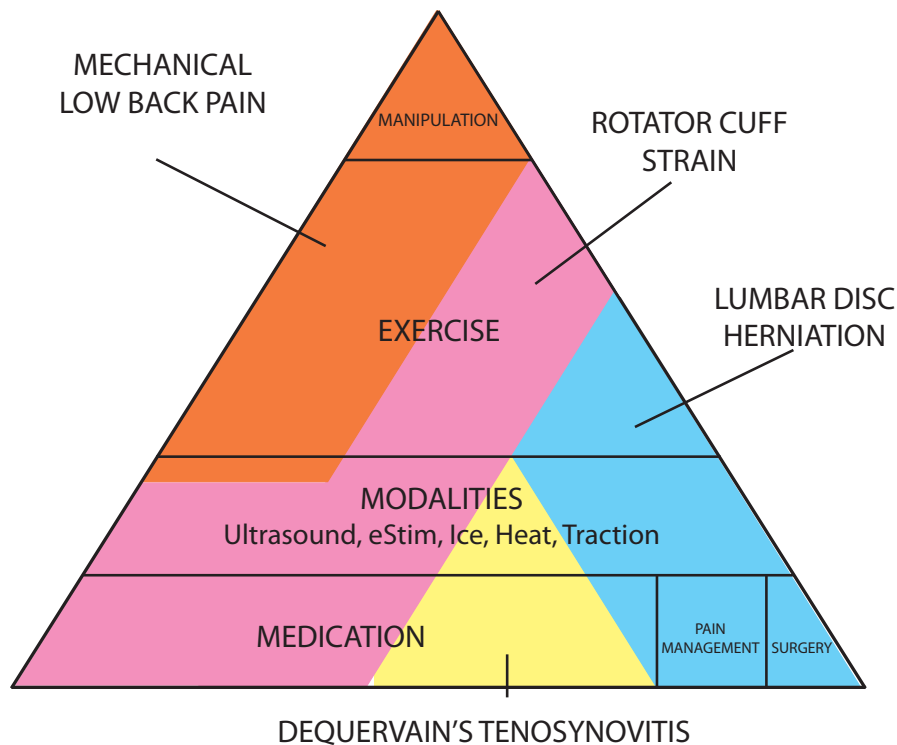
Successful management of musculoskeletal problems is a complex and sometimes challenging task. Most treatment options fall into one of several categories as outlined on the pyramid below. Research shows that medicine, physical therapy modalities, exercise, manipulation, pain management and surgery all have a place on the musculoskeletal treatment pyramid.



Because most musculoskeletal problems are mechanical in origin, rather than chemical, the pyramid is heavy on “physical” treatments.

For example, patients may develop cervicogenic tension headaches from muscle tightness, but that tightness developed as a result of restricted joints that were triggered by weak deep neck flexors and bad posture. Medication is valuable to relieve the tension and inflammation but does little to address the underlying joint restriction and muscle weakness of a true cervicogenic headache.

Different musculoskeletal conditions require different management tools. The literature tells us that some musculoskeletal conditions require multiple tools from different categories for optimal outcomes. Knowing which options are most appropriate for each condition is the hallmark of a great clinician.



Hypothetical model of evidence-based triage of various musculoskeletal problems.

Make certain that your treatment pyramid is complete and consistent with the current literature.

Research tells us that spinal manipulation is not appropriate for all conditions but is the best choice for conditions like mechanical low back pain or neck pain and cervicogenic headaches. (see all 40+ references in the attached paper: [Evidence for the Clinical and Cost Effectiveness of Chiropractic Spinal Manipulation](#)) Physicians who treat these conditions without utilizing chiropractic spinal manipulation are not practicing evidence-based medicine or optimizing their patient's care.

Choosing the right chiropractor

While many chiropractors can provide modalities and exercises, much like a physical therapist, their unique tool is spinal manipulation. No other discipline has the amount of training in spinal manipulation as chiropractors, but not all chiropractors practice the same way.

Here's how to choose a quality chiropractor for your treatment team:

A QUALITY PROVIDER

WHY YOU SHOULD CHOOSE US

| | |
|---|---|
| Stays abreast of the current literature and training | Our chiropractors are dedicated to staying informed about the latest developments in evidence-based management of chiropractic conditions. They regularly review current literature, participate in ongoing training, and are committed to providing the most up-to-date care for their patients. |
| Clearly understands the indications and contraindications for manipulation and recognizes their limitations | Our providers possess a deep understanding of the indications and contraindications for spinal manipulation, ensuring that it is used safely and effectively. They consistently review the latest guidelines and evidence to recognize the limitations of spinal manipulation, prioritizing patient safety and optimal outcomes. |
| Establishes treatment plans with defined outcome goals | Our patients are treated uniquely - no generic "three times per week for the next 12 weeks" plans. We measure functional disability (Oswestry, NDI, etc), establish timely goals, and measure progress. Outcome data from 2021, demonstrated that our average new patient reports 80% improvement within one month. Satisfaction measures show that greater than 93% of patients rated their care as "Excellent". |
| Consistently incorporates exercise plans to reduce the need for ongoing care | We use an exercise database for all of the conditions we treat based upon current peer-reviewed evidence. Simple, customized exercise plans are given to all patients along with online access to video demonstrations of each of the prescribed exercises. |
| Releases patients in a timely fashion | No one recognizes length of care better than insurance companies. We are credentialed providers with most major insurance companies. Our providers are select "tier one" with BC/BS and others, meaning they require no oversight to authorize treatment plans. Patients who meet their goals are released and those who do not respond are referred in a timely fashion. |
| Co-manages and communicates well with other medical providers | We are grateful to have an excellent relationship with the medical community. We understand our place on your pyramid and will not overstep our ability. You can expect timely, concise, and readable communication regarding your referrals. Ask your peers and network specialists who they trust. Chances are, we're in their pyramid too. |