

National Chiropractic Health Month 2021

WHEREAS, Chiropractors are physician-level healthcare providers who focus on the whole person as part of their hands-on, nondrug approach to pain management and health promotion, and who have special expertise in the prevention, treatment and rehabilitation of musculoskeletal conditions and injuries;

WHEREAS, Chiropractors were identified in a March 2020 memo by the U.S. Department of Homeland Security as part of the essential healthcare workforce and many have continued to serve their patients and communities since the beginning of the COVID-19 pandemic;

WHEREAS, With many Americans working from home and attending school online since the beginning of the pandemic, the incidence of musculoskeletal conditions has grown due in part to an increase in sedentary lifestyles, poor posture and stress;

WHEREAS, Even before the pandemic, musculoskeletal conditions have been among the most commonly reported medical conditions for adults and seniors, and low back pain is the single leading cause of disability worldwide, preventing people from participating in daily and recreational activities;

WHEREAS, Chiropractic care is widely recognized as one of the safest nondrug, noninvasive approaches available for the treatment of low back pain and other musculoskeletal complaints;

WHEREAS, In addition to their expertise in spinal manipulation, chiropractors have broad diagnostic skills and are trained to recommend therapeutic and rehabilitative exercises, and to provide nutritional, dietary and lifestyle advice;

WHEREAS, Chiropractors recognize that physical activity can improve symptoms, decrease disability, and improve function and well-being in a range of chronic musculoskeletal conditions, in addition to reducing stress and anxiety and enhancing sleep and quality of life;

WHEREAS, The American College of Physicians low back pain treatment guidelines released in 2017 promote the use of noninvasive, nondrug approaches such as spinal manipulation as a first line of defense against back pain, and groups such as the Centers for Disease Control and Prevention and the Joint Commission have also adopted positions supporting this approach;

WHEREAS, National Chiropractic Health Month 2021 serves as a reminder to all citizens of Crossville, Tennessee that noninvasive, nondrug treatments for low back pain and other musculoskeletal conditions such as spinal manipulation and other chiropractic services, combined with an active, healthy lifestyle, may lessen or eliminate the need for riskier, potentially addictive treatments such as prescription pain medications and surgery.

THEREFORE, BE IT RESOLVED, I, Mayor James Mayberry of Crossville, Tennessee join with Crawford Family Chiropractic to promote the benefits of movement, good posture, healthy living and a nondrug approach to pain management in its "Active and Adaptive" campaign and proclaim October 2021 National Chiropractic Health Month.