

National Chiropractic Health Month 2019

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

WHEREAS, More than one in two adults in the United States, or about 124 million people each year, report experiencing a musculoskeletal condition;

WHEREAS, Fifty-two percent of people living with musculoskeletal disorders say that it interferes with their activities of daily living, including their ability to work. Low back pain alone contributes to 264 million lost work days each year;

WHEREAS, The direct and indirect costs of musculoskeletal conditions, which is estimated to be \$200 billion annually in the U.S., puts a tremendous burden on society;

WHEREAS, Low back pain is one of the most common musculoskeletal conditions for which opioids are prescribed, putting patients at increased risk of overuse and addiction;

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

WHEREAS, The American College of Physicians low-back pain treatment guidelines released in 2017 promote the use of noninvasive, non-drug approaches such as spinal manipulation as a first line of defense against back pain, and groups such as CDC, FDA and the Joint Commission also now promote the use of nonpharmacologic approaches first for pain management;

WHEREAS, Noninvasive, non-drug treatments for musculoskeletal (MSK) conditions such as spinal manipulation and other chiropractic services combined with an active lifestyle, good nutrition, healthy habits, and proper ergonomics can protect and enhance MSK health over a lifetime;

THEREFORE, BE IT RESOLVED, I, James Mayberry of Crossville, Tennessee officially join with the American Chiropractic Association, Tennessee Chiropractic Association, and Crossville Family Chiropractic to encourage the public as part of the "Strength. Stability. Success." campaign to take steps toward better musculoskeletal health and to proclaim October 2019 National Chiropractic Health Month.