



OSTEOARTHRITIS CAN BE PAINFUL.

CHIROPRACTIC CARE CHANGES PAIN.

- Osteoarthritis (OA) is a painful disease that can markedly or severely restrict basic daily tasks such as dressing and walking.
- According to the World Health Organization, 9.6% of men and 18% of women older than 60 years of age worldwide have symptomatic OA, making OA one of the most prevalent chronic diseases. Currently, in Canada, there are more than 4.6 million people living with OA—which will rise, within a generation (in 30 years) to more than 10 million (or one in four).¹
- Canadians suffering from osteoarthritis trust their chiropractor to manage their chronic pain to ensure they can live comfortably.
- Chiropractors utilize various techniques to manually adjust the spine, joints, and muscles.
- A chiropractor may use active exercises or traction to slowly stretch joints and increase range of motion to help the patient live the life they want.



CHIROPRACTORS ARE A COMMON CHOICE FOR PATIENTS WITH OA

- The goal is to restore patients' function so they can have the kind of life they want.
- Chiropractic care helps ensure proper movement of bones and joints and provides rehabilitation recommendations such as exercise routines to help patients achieve their goals.
- People with arthritis have high rates of using complementary and alternative medicine approaches for managing their arthritis.²
- 82% of participants in a recent study tried at least one complementary therapy for arthritic symptoms.²
- The place where chiropractic shines is in maximizing the function of an arthritic joint.³



SAFE ALTERNATIVE TO OPIOIDS

- Every year, over 11 million Canadians suffer from back pain and other musculoskeletal conditions, such as arthritis.⁴
- The increasing use of opioids as a first-line treatment for chronic pain, and specifically for mechanical back pain, is a key contributor to the increasing use of opioids in Canada.
- "If you have back or neck pain due to osteoarthritis, chiropractic is one of the safest therapies you can use"
– Dr. Scott Haldeman, MD.³
- The American College of Physicians released guidelines in early 2017 supporting the use of non-pharmacological therapies, such as chiropractic, as first-line treatments for low back pain before using medication.⁵
- A 2013 Rand survey showed that chiropractic patients exercised more regularly and had fuller social lives. They were also less likely to use prescription drugs.



WHY CHIROPRACTIC?



- Chiropractors are licensed and regulated in all provinces and complete a minimum of seven years of post-secondary education and training, which includes a 12-month clinical internship.
- Chiropractors specialize in treating back pain, arthritis, joint dysfunction/irritation, strain and sprain, nerve entrapment, and headaches.
- Chiropractors do more than adjustments for those suffering from OA.



CHIROPRACTORS CARE

Grace enjoys tending to her garden and playing with her grandchildren. She had suffered from osteoarthritis in her lower back for quite some time, gradually limiting the time she could spend doing the things she enjoyed.

She visited her chiropractor to help manage the pain. The therapies she received helped reduce swelling and improved her range of motion.

However, despite all efforts, the pain gradually progressed to the point that she was severely restricted with doing even the most basic tasks like dressing herself in the morning or walking to her bus stop down the street.

Grace travels on her local transit bus and visits her chiropractor where she asks about the Disability Tax Credit. Unfortunately, to her dismay, her chiropractor cannot sign the form and must now send her to another practitioner with whom she has no previous history. It isn't easy for Grace to travel from place to place, as standing for a prolonged period of time is painful and transit isn't always reliable.

Chiropractors want to help their patients. Closing the existing gap by adding chiropractors as a qualified assessor for the Disability Tax Credit will help the most severe of patients receive the assistance they need to live their lives fully.

1. Osteoarthritis. Bone and Joint Canada. 2014. <http://boneandjointcanada.com/osteoarthritis/>. Accessed December 5, 2017.
2. Callahan LF, Wiley-Exley EK, Mielenz TJ, et al. Use of complementary and alternative medicine among patients with arthritis. *Prev Chronic Dis.* 2009;6(2):A44. https://www.cdc.gov/pccd/issues/2009/apr/08_0070.htm.
3. Sayer C. How chiropractors can help arthritis pain. The Arthritis Foundation website. <http://www.arthritis.org/living-with-arthritis/treatments/natural/other-therapies/chiropractic-medicine.php>. Accessed December 5, 2017.
4. Busse JW, Craigie S, Juurlink DN, et al. Guideline for opioid therapy and chronic noncancer pain. *CMAJ.* 2017;189(18):E659-E66.
5. Chou R, Deyo R, Friedly J, et al. Nonpharmacologic therapies for low back pain: a systematic review for an American College of Physicians Clinical Practice Guideline. *Ann Intern Med.* 2017;166(7):493-505.