

Multidiscipline treatment for low-back pain coming of age

Question: I noticed your office and many other chiropractic offices are offering multidiscipline treatment for back and other conditions. Could you explain what this type of approach to health care is?

Answer: I used to get the question why don't chiropractors, medical doctors, and physical therapists get along, on a weekly basis. It is wonderful that society is recognizing the shift of new age healthcare. I do believe all health disciplines offer an integral part of the healthcare picture for you the patient. Combining these different approaches and utilizing the best expertise of each discipline offers the consumer a well-rounded viewpoint on the most successful treatment of their condition. The tricky part is organizing the disciplines in a most effective and cost efficient manner.

A recent study actually took a look at "Multidisciplinary Treatment of Chronic Low Back Pain". The results published in *Spine* magazine, April 2004 issue, concluded that long-term outcomes were very favorable for those studied. Past studies indicated definite improvement for short-term treatments of low back pain with the multi-disciplinarian approach.

There are many different combinations of the multi-discipline approach. Most include a more conservative type discipline such as chiropractic, massage therapy, exercise physiologist, along with a more moderate type discipline such as physical therapy, acupuncture, or medical care. A successful model includes all those involved working as a team for your benefit.

Communication between the disciplines is imperative for understanding the needs of the patient. Many of these clinics are set up differently regarding insurance billing and financial responsibility. All these considerations should be explained to you in detail prior to treatment.

Progress is being made rapidly for the benefit of the patient. It would be nice if the insurance industry would recognize the benefits and cost containment these multidiscipline centers offer.

Quote of the week: *“Life consists in what a man is thinking all day.”* – Ralph Waldo Emerson