




# You have options...

	MOST COMMON SERVICES UTILIZED	AVERAGE TOTAL EPISODE COST	AVERAGE PROVIDERS SEEN	AVERAGE EPISODE DURATION (DAYS)
<b>Chiropractic</b>	Manipulation (90%), Active Care (40%), Passive (30%), X-rays (25%), Manual (20%)	\$ 	1.6 	93 
<b>Primary Care/Nurse Practitioner</b>	X-rays (34%), NSAIDs (29%), Muscle Relaxants (24.4%), Opioids (19.6%), Active Care (9.6%)	\$ \$	2.6	96
<b>Physical Therapist</b>	Active Care (85%), Manual (60%), Passive (40%), X-rays (10%), NSAIDs (8%)	\$ \$ \$	3.7	127
<b>Orthopedic Surgeon</b>	X-rays (50%), NSAIDs (35%), Muscle Relaxants (28%), Opioids (25%), Injections (15%)	\$ \$ \$ \$	3.7	106

*Episode Treatment Group analysis performed by Arete Network on commercially insured population initially presenting for neck or back pain 2017-2019*