

A Guide to Neck & Back Pain Treatment Options

This infographic breaks down the typical journey for patients seeking care for neck or back pain. It compares four common provider types, analyzing the average total cost, number of providers seen, treatment duration, and the most frequently used services for each pathway.

At a Glance: Key Differences

Lowest Cost & Shortest Duration

Chiropractic care has the lowest relative cost and the shortest average treatment episode (93 days).

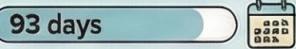
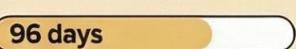
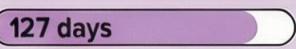
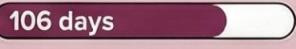
Fewest Providers Involved

The chiropractic pathway involves the fewest providers, with an average of 1.6 seen per episode.

Highest Cost & Complexity

Seeing an Orthopedic Surgeon has the highest relative cost and involves the most providers (3.7).

Provider Pathway Comparison

Provider Type	Average Total Episode Cost (Relative)	Average Episode Duration (Days)	Average Providers Seen	Most Common Services Utilized
 Chiropractic	 Lowest	 93 days	 1.6	<ul style="list-style-type: none">Manipulation (90%)Active Care (40%)X-rays (25%)
 Primary Care/ Nurse Practitioner	 Moderate	 96 days	 2.6	<ul style="list-style-type: none">X-rays (34%)NSAIDs (29%)Muscle Relaxants (24.4%)
 Physical Therapist	 High	 127 days	 3.7	<ul style="list-style-type: none">Active Care (85%)Manual (60%)Passive (40%)
 Orthopedic Surgeon	 Highest	 106 days	 3.7	<ul style="list-style-type: none">X-rays (50%)NSAIDs (35%)Muscle Relaxants (28%)