

# LOW BACK PAIN?

## WHERE YOU START MATTERS

Research of 500,000+ patients confirms: Seeing a Chiropractor first leads to faster resolution, lower costs, and fewer risks.

### THE "ONE-STOP" SOLUTION

## The 84% Advantage

When a Chiropractor is the **first provider** seen for low back pain, most patients get relief without being referred elsewhere.

**84%**  
RESOLVED

#### Chiropractor First

**84%**  
RESOLVED

#### Primary Care

**71%**  
RESOLVED

#### Physical Therapy

**60%**  
RESOLVED

### \$ Waiting Costs You More

#### Start with Chiropractor

**\$165**

Best Value

#### Chiropractor as 2nd Option

**\$320**

#### Chiropractor as 3rd Option

**\$573**

## Avoid Unnecessary Risks

Starting with a Chiropractor drastically lowers the odds of addictive opioids or unnecessary MRI scans.

#### OPIOID PRESCRIPTIONS

**3.4%** Low Risk

VS PRIMARY CARE: **26.4%**

#### MRI SCAN RATE

**1.2%** Low Risk

VS ORTHOPEDIST: **18.5%**

Based on "Low back pain care pathways" (2022). Chiropractic care provides a safe, cost-effective first line of defense for non-surgical low back pain.

PROVIDED BY **Arete Network**