

# What else should I be doing?

Chiropractic is a profession with a wide variety of practice methods and procedures, from nutrition, exercise, and pain management to the wellness-based models. When going to a chiropractic office, it is sometimes hard to know exactly what you are going to get. But the following questions were asked in a recent study: What gets the best results? And what gets the best bang for the buck?

These two questions are excellent from a consumer's point of view in what to look for in your next chiropractor. The answers were interesting. The authors compared the results of patients in two groups: those receiving chiropractic adjustments only and those who received chiropractic adjustments followed by exercise. The results were statistically significant in both groups, but the overall difference was not as large as one might think, with the exercise group seeing only slightly better long-term outcomes.

However, when the data was further analyzed while taking into consideration the cost of exercise-based programs that followed chiropractic adjustments. The question the authors raised was simple: Is the cost of these therapies and exercises worth the money? The answer might surprise you, the data actually demonstrated that the group that did an in office exercise program was NOT worth the additional costs.

Quite often, patients will ask what they need to be doing inside or outside the office in addition to their chiropractic adjustments. Simply put: Get moving! Whether it is walking, riding a bike, or lifting weights, as a society, we've put too much emphasis on overcomplicating health.



**Chiropractic care demonstrated statistically significant improvements at 3- and 12-month follow-up!**

Alegría-Torres, J. A., Baccarelli, A., & Bollati, V. (2011). Epigenetics and lifestyle. *Epigenomics*, 3(3), 267-277. doi:10.2217/epi.11.22



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