



CHIROPRACTIC

2018 Gallup-Palmer Report: Key Findings

Editorial Staff

The [fourth annual](#) Gallup - Palmer College report is out; here are some of the key findings excerpted directly from the executive summary regarding Americans' experiences with chiropractic care relative to the management of neck and back pain:

Spine Specialists Come First

"For neck or back pain care, eight out of 10 adults in the United States (80%) prefer to see a health care professional who is an expert in spine-related conditions instead of a general medicine professional who treats a variety of conditions (15%)."

Pain Meds Aren't Preferred

"Prescription pain medications are not preferred as a first step for care among the vast majority of U.S. adults. When given a choice, nearly eight out of 10 (79%) say they prefer to try other ways to address physical pain before they take pain medication prescribed by a doctor."

Chiropractic Is a Popular Choice

"Among those who saw a health care professional for neck or back pain in the last 12 months, 62% saw a medical doctor and 53% saw a chiropractor. About a third saw a physical therapist (34%) or massage therapist (34%) for care."

Why Chiropractic? Because It Works

"Nearly half of adults who saw a [DC] for significant neck or back pain (52%) said one of the biggest reasons they chose chiropractic care was because 'this health care professional provides the most effective treatment for my pain.' More than four in 10 patients who saw a physical therapist (42%) and 23% who saw a medical doctor for significant neck or back pain said effectiveness was one of the biggest reasons they chose this type of health care provider."

A Great Overall Experience

"Roughly nine out of 10 adults who saw a chiropractor most often for significant neck or back pain in the last 12 months say their chiropractor often listens (93%), provides convenient, quick access to care (93%), demonstrates care/compassion (91%) and explains things well (88%) - and 90% of chiropractic patients say that their chiropractor spends the right amount of time with them."

[Click here](#) to access the entire 2018 report [and here](#) for our summary of the 2017 report, which also links to the entire report from last year.

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