

CHIROPRACTIC

MYTHS VS. FACTS

Doctors of chiropractic see hundreds of patients a week. The majority of people visit for back discomfort brought on by a variety of factors, including improper sleeping posture, excessive sitting, shoes, or even wellness equipment like yoga balls.



MYTH: Sleeping on your back is the best sleeping position.



FACT: Proper sleep posture is key to a good night's sleep and in preventing back pain. Sleeping on your side offers many advantages.

The side lying position allows your spine to rest as it mimics the natural curves, relaxing the muscles and relieving tension. Sleeping on your side helps aid in digestion and reduces heartburn. Sleeping on your right side is best for those with apnea as it reduces snoring and encourages blood flow.



MYTH: Cracking your knuckles can cause arthritis.



FACT: Cracking your knuckles will not cause arthritis. In its simplest form, the sound that your knuckles make is caused by the exchange of gas bubbles in the fluid within the joints. There is no conclusive evidence linking knuckle cracking to arthritis.

Even if knuckle cracking doesn't cause arthritis, it's best to stop doing it. Chronic knuckle-cracking may lead to reduced grip strength.



MYTH: Wearing flat shoes is best for alleviating foot pain.



FACT: While wearing 5-inch heels is certainly bad for your back, so is wearing flat, unsupportive shoes. The ideal heel height for spinal alignment is one inch.

While pre-made insoles are more affordable, orthotics tailored to your specific feet are highly recommended. When individually designed for your feet, custom orthotics help achieve a balanced foundation and stabilized pelvis. Look for custom orthotics that support all 3 arches of the foot, which make up the plantar vault.



MYTH: Stand-up desks are better for your health.



FACT: If overused, the popular 'stand up desk' could contribute to curvature of the spine, backaches and varicose veins. Standing all day and not moving your body is hard on the joints and bones so alternate each hour between sitting and standing.

A sit-stand desk enables you to alternate your work position according to your individual needs and at regular intervals. Make sure the screen is in a proper position where eyes are looking directly forward and not up or down.



MYTH: Yoga balls as chairs burn calories and improve your posture.



FACT: Sales of balance balls grew 67% during the pandemic. The idea behind this is that sitting on the ball demands extra exertion to keep you upright and stable. But research shows there is no meaningful difference in calorie burning and yoga balls do not improve posture because people generally slump just as much on a ball as in a normal chair. Many new adopters of ball chairs report increased discomfort in their backsides.



MYTH: Rest is best for low back pain.



FACT: Short-term rest may be beneficial on first onset of pain, however, research shows that prolonged bed rest for low back pain can be ill advised due to lack of blood flow to the injured area, creating muscle stiffness, weakness and further instability. Doctors of chiropractic can best assist with stretches and exercise necessary to heal faster and resolve the underlying cause.



MYTH: Chiropractic care is not covered by insurance.



FACT: The majority of health plans now cover chiropractic care, including Medicare.

Studies show that chiropractic care is more cost-effective than usual medical care. When DCs delivered all the care, evaluation and management, the average medical cost per claim was 47% lower than that for the comparable non-chiropractic claims. The chiropractic-only claims also had 35% lower indemnity payments per claim and 26% shorter temporary disability durations.



MYTH: For back pain, consumers prefer to see their primary care physician.



FACT: A Harris Poll for the Foundation for Chiropractic Progress showed that young adults (ages 18-32) would be more willing to choose a doctor of chiropractic for treatment of neck or back pain instead of a medical doctor, such as a primary care physician or an orthopedist. Not only has chiropractic care demonstrated its efficacy for the most common neuromusculoskeletal disorders, but patients have also consistently reported high satisfaction with the care.

For more information, please visit: www.f4cp.org

