

**Chiropractic Care in Primary
Prevention: Cost Effective and
Appropriate**



Chiropractors'
Association of
Saskatchewan



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Saskatchewan


Injury in the Workplace

- Costs are not financial alone
- Injuries have human, economic, social and organizational costs

Have you ever heard of a spine transplant?

Neither have we.

Take care of the one you have.



som cards

MSK Conditions in Aging Canadians by the Numbers

47.1% > 47.1% of Canadians aged 65+ have MSK conditions

25% > 25% of those with MSK conditions have osteoarthritis

50% > 50% of those with osteoarthritis have osteoporosis

25% > 25% of those with osteoporosis have osteopenia

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WORK-RELATED NECK & BACK PAIN BY THE NUMBERS

2 in 20 workers have neck pain

11% of those with neck pain have moderate to severe neck pain

85% of workers with neck pain have back pain

1 in 4 workers experience a musculoskeletal injury


10% of workers seeking professional help for WCB-related issues

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Chiropractors' Impact of Injuries

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- Catastrophic to quality of life
 - Devastating to family and friends
- Financial compensation falls short of the outcomes of a life changing accident or injury
 - Impacts mental health; depression is common amongst injured workers
 - Can lead to marriage breakdown, loss of friends and family
- Additional strain on health care and social systems
 - Degree of specialized care may exceed the value of WCB/EI benefits
- Negative impact on the Employer
 - costs for training replacements for injured workers
 - Increased WCB rates for employers
 - Impact on peer group – is fear of accident, loss of confidence, drop in productivity leads to drops in earnings for the company

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Managing Injuries


The key elements to managing injuries are:

- prevention, the key to it all:
 - Ergonomics
 - Commitment to change
 - Supportive environments
- And if injuries happen:
 - appropriate treatment and
 - early return to work.

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Prevention

- Commitment by senior management is key to success
- Safety training, reviews,
- Workplace inspections,
- Accident investigations

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Early RTW

- helps in the recovery phase
- worker doesn't necessarily have to return to the usual job to benefit
- Limitations are key factor to short term job modification

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- RTW programs often integrate with benefits providers & WCB
- Cost sharing, sometimes in supernumerary capacity

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Chiropractors address the CONTRIBUTING FACTORS OF LOW BACK PAIN

MISALIGNMENT
 JOINT DYSFUNCTION
 INJURY
 ERGONOMICS
 EXERCISE
 OVERALL HEALTH

Chiropractors' Association of Saskatchewan **Ergonomics**

NECK POSTURE

BACK POSTURE

NECK PAIN

BACK PAIN

GOOD POSTURE

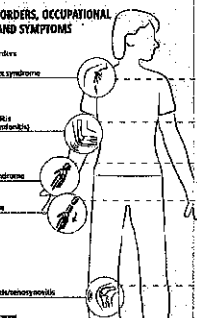

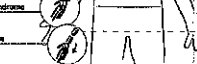


Keep Moving!

FOR EVERY INCH OF FORWARD HEAD POSTURE, IT CAN INCREASE THE PRESSURE ON THE NECK BY UP TO 10 LBS

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Risks of Musculoskeletal Injury (MSKI)


IDENTIFIED DISORDERS, OCCUPATIONAL RISK FACTORS AND SYMPTOMS

Disorders	Occupational risk factors	Symptoms
Thoracic muscle syndrome 	Prolonged shoulder flexion Excessive force exertion Excessive weight carrying Excessive twisting	Pain, numbness, swelling Burning sensation or tingling Ache over affected area
Ergonomic factors to lower risk of injury 	Repetitive or forceful activities of the forearm and hand during the work shift Excessive force exertion Excessive twisting Excessive force exertion	Pain, numbness, swelling Burning sensation or tingling Ache over affected area
Carpal tunnel syndrome 	Repetitive motion Voluntary work Secondary factors	Pain, numbness, tingling Burning sensation or tingling Ache over affected area
DeQuervain's disease 	Repetitive hand/wrist and thumb gripping	Pain at the base of thumb
Tennis elbow/tennis elbow 	Repetitive motion Excessive force exertion Excessive twisting	Pain, numbness, swelling Ache over affected area

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Extent of Back Pain

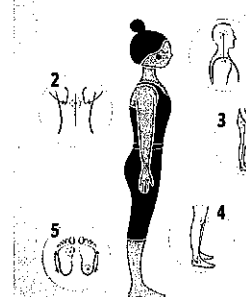
FIVE
Canadians suffered back pain in the last six months



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Role of Posture

CHECK YOUR POSTURE



- 1. HEAD**
 The ears should line up above your shoulders. Don't tuck your head forward or hold your neck at an angle to the ground. Also, your neck should be in line with your torso.
- 2. SHOULDERS**
 They should be in line with your ears. Don't round your shoulders or hold them at an angle to the ground.
- 3. HIPS**
 They should be in line with your ears and shoulders. Don't tuck your pelvis forward or hold it at an angle to the ground.
- 4. KNEES**
 They should be in line with your ankles. Don't let your knees collapse inward or outward.
- 5. FEET**
 Both feet should be on the ground. Don't let your feet collapse inward or outward.

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Mitigating Risk

STRETCH: Change position frequently and avoid standing or leaning forward from the waist. Get up and walk around periodically.

LIFTING: Use the largest muscle or muscle group for lifting to avoid placing stress on a smaller, more vulnerable muscle.

MOVING: Keep your joints slightly bent when performing tasks and avoid locking your knees and elbows.

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Paying the Bills

Medical Cost Type	Average of Missed Work Days
Other Medical Costs	7
Claimants who see chiropractors	18
Claimants who see physiotherapists	20
Claimants who see physicians	22
Claimants who see both physicians and chiropractors	44
Claimants who see both physicians and physiotherapists	110
Claimants who see physicians, chiropractors and physiotherapists	155
Claimants who see both chiropractors and physiotherapists	179

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Paying the Bills

Medical Cost Type	Average Cost
Claimants who were treated by physicians	\$494.46
Other Medical Costs	\$498.82
Claimants who were treated by chiropractors	\$530.13
Claimants who were treated by physiotherapists	\$971.89
Claimants who were treated by both physicians and chiropractors	\$1,391.67
Claimants who were treated by both chiropractors and physiotherapists	\$5,204.71
Claimants who were treated by both physicians and physiotherapists	\$5,245.50
Claimants who were treated by physicians, chiropractors and physiotherapists	\$7,084.59

Chiropractors' Association of Saskatchewan **Leading Injuries in Manufacturing for 2014**

Part of Body	Count
EXTERNAL EYE (EG. CORNEAL ABRASIONS)	580
SHOULDER, INCLUDING CLAVICAL, SCAPULA, TRAPEZIUS	554
Hand(s), except finger(s)	497
Low(er) back, unspecified location	466
Knee(s)	408
FINGER(S), FINGERNAIL(S), N.E.C.	353
Lumbar region	333
Fingers, except thumb	323
Thumb or thumb and other finger(s)	293
MULTIPLE BODY PARTS, N.E.C.	273
Wrist(s)	270
Ankle(s)	250
UNKNOWN	213
Elbow(s)	208
Foot(foot), except toe(s), unspecified	206

Chiropractors' Association of Saskatchewan **Conclusion**

- Prevention is still the key to managing workplace injuries
- When injuries do occur, integrating the injured worker back into the workplace quickly is critical to recovery
- Fewer lost time claims have a positive impact on insurance rates, both private and WCB
- Employees, (and employers), benefit from having Chiropractic Care included in their benefit packages
- Saskatchewan Chiropractors are here to help, and are located throughout the province

Chiropractors' Association of Saskatchewan **Questions??**

Things?
Forward assistance.

