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Chiropractic instruction helps prevent work injuries

A 1998 study reported in the journal *Australasian Chiropractic & Osteopathy* [issue 7(1);8-14] found that when chiropractors educated a group of manual-labor workers about proper spinal care, the average cost of work related spinal injuries dropped significantly.

Sixty workers were divided into two groups, one of which received a two hour educational training class conducted by a chiropractor. The other group received no instruction whatsoever. The training involved instruction in spinal anatomy, proper lifting, exercises, what causes back pain and injury and treatment options.

In the six months before the training, the average cost of spinal injury cases was \$451.00. In the six months after the training program, the average cost per case dropped 40% to \$269.

**Our purpose is to educate and adjust families toward optimal health
with natural chiropractic care.**