**Spinal Health Care Month – Social Media Posts**

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October is Spinal Health Care Month in Michigan! It’s been estimated that approximately 65 million Americans report a recent episode of back pain, and around 16 million adults experience persistent or chronic back pain that limits everyday activities. Health care costs and indirect costs due to back pain are more than $12 billion per year. Your chiropractor can help!

October is Spinal Health Care Month in Michigan! The Chiropractic Medicare Coverage Modernization Act (H.R. 539 / S. 106), is a bill introduced in the U.S. House of Representatives that will allow Medicare

beneficiaries to fully access the chiropractic profession’s broad-based, nondrug care. Contact your U.S. representative today and ask them to support this important legislation! [https://www.votervoice.net/MAC/campaigns/104076/respond]

October is Spinal Health Care Month in Michigan! Did you know that during the COVID-19 pandemic the U.S. Department of Homeland Security identified chiropractors as being essential critical infrastructure workers in Healthcare/Public Health? Chiropractors across Michigan and the U.S. treat spinal pain and other conditions that could drive patients to hospitals and doctor’s offices, further taxing an overburdened health care system. Your chiropractor can help!

October is Spinal Health Care Month in Michigan! Throughout this global pandemic, chiropractors across Michigan have been safely and effectively treating spinal pain and other conditions that often drive patients to hospitals and emergency rooms, taking the pressure off front-line medical providers. Your chiropractor can help!

October is Spinal Health Care Month in Michigan! Did you know that back pain is a leading cause of work-loss days and work limitations? It is also one of the leading conditions leading to the prescribing of an opioid painkiller. Too often, however, it doesn’t need to be! Conservative, drug- and surgery-free care should always be explored before taking addictive painkillers! Your chiropractor can help!

At the request of the Michigan Association of Chiropractors, Governor Gretchen Whitmer recently signed a Certificate of Proclamation naming October 2025 “Spinal Health Care Month” in Michigan! Back pain is one of the leading causes of disability worldwide. Your chiropractor can help!

October is Spinal Health Care Month in Michigan! As more and more Michiganders work from home, one of the side effects is an increase in back and neck problems. Poorly designed, non-ergonomic workstations that lead to poor posture, reduced levels of physical activity, and a lack of rest breaks can cause musculoskeletal disorders that affect the muscles, tendons, ligaments, nerves, and other soft tissues. Your chiropractor can help!

October is Spinal Health Care Month in Michigan, and it is also National Chiropractic Health Month! This year’s theme, “Get Started with Chiropractic,” focuses on the benefits of starting with a non-drug approach to pain management. When it comes to common musculoskeletal conditions such as back, neck and joint pain and tension headaches, getting started with chiropractic — compared with starting with other types of treatments — may help patients reduce or avoid the need for prescription pain medications down the line. Your chiropractor can help!

October is Spinal Health Care Month in Michigan, and it is also National Chiropractic Health Month! This year’s theme, “Get Started with Chiropractic,” focuses on the benefits of starting with a non-drug approach to pain management. Research shows that people who start with chiropractic treatment for back pain have a significantly lower risk of requiring an opioid prescription later. While opioid prescriptions are down in the Mitten State, opioid overuse disorder remains a serious public health problem in Michigan. That’s why starting with non-drug therapies for pain is a strategy supported by evidence-based clinical guidelines from the American College of Physicians, the CDC and the World Health Organization. Your chiropractor can help!

October is Spinal Health Care Month in Michigan, and it is also National Chiropractic Health Month! This year’s theme, “Get Started with Chiropractic,” focuses on the benefits of starting with a non-drug approach to pain management. During this month, chiropractors across Michigan and the United States will raise awareness in October during National Chiropractic Health Month of how taking a non-drug approach to pain initially may help you to avoid prescriptions later and get you moving in the right direction, back to your life and the activities that matter most. Your chiropractor can help!

October is Spinal Health Care Month in Michigan! Chiropractors provide drug- and surgery-free health care that is safe and effective for back pain and other musculoskeletal complaints. Your chiropractor can help!

October is Spinal Health Care Month in Michigan, and 2025 is the 130th birthday of the chiropractic profession! For more than a century, chiropractic care has focused on the musculoskeletal and nervous systems and the effects these systems have on general health. Chiropractic is THE choice for millions of patients who want safe and effective health care – without the use of surgery or drugs. Your chiropractor can help!

October is Spinal Health Care Month in Michigan! The back is a complicated structure of bones, joints, ligaments, and muscles. Sometimes, even the simplest, everyday tasks, such as picking something up from the floor, can cause back pain. Your chiropractor can help!

October is Spinal Health Care Month in Michigan! Bad posture can not only cause back, neck, and shoulder pain, but also poor circulation, decreased lung function, headache and jaw pain, and more. Chiropractors can help you improve your posture through lifestyle advice and other techniques designed to optimize your health. Your chiropractor can help!

October is Spinal Health Care Month in Michigan! Chiropractors offer safe, effective, drug- and surgery-free care that can help those suffering from back issues manage their pain. Your chiropractor can help!

October is Spinal Health Care Month in Michigan! Chiropractors treat patients of all ages, including seniors and children, with conditions such as osteoarthritis, carpal tunnel syndrome, tendonitis, sprains and strains, postural issues, and a variety of other conditions, all without the use of surgery or drugs. Your chiropractor can help!

October is Spinal Health Care Month in Michigan, but chiropractic care is not just for patients with pain! Chiropractors – with their patient- centered, whole-person approach – are the ultimate wellness doctors. Regular chiropractic care can be a helpful tool in maintaining general health and well-being and increasing vitality. Your chiropractor can help!

October is Spinal Health Care Month in Michigan! Chiropractors have been shown to have great success in treating on-the-job injuries, sports injuries, and injuries associated with auto accidents. Your chiropractor can help!

October is Spinal Health Care Month in Michigan! Opioids are often prescribed to treat back and other musculoskeletal pain, but they only mask symptoms – they do nothing to alleviate the problem causing the pain in the first place. Many leading health care agencies – including the Centers for Disease Control and Prevention, the U.S Food & Drug Administration, the U.S. Department of Health and Human Services, the National Academy of Medicine, The Joint Commission on the Accreditation of Healthcare, and the Veterans Affairs Health System – recommend conservative, drug- and surgery-free care like chiropractic as a first line of defense for patients with non-cancer-related pain. The fact is this: Opioids must be a last resort for the treatment of neck, back, and muscle pain. Your chiropractor can help!

October is Spinal Health Care Month in Michigan! Chiropractors use natural methods to treat the biomechanics, structure, and function of the spine and its effects on the muscle and nervous systems. Chiropractic emphasizes the role played by the proper function of these systems in the preservation and restoration of health. Chiropractors also concentrate on the factors involved in a patient’s overall health, including diet and proper nutrition, activity levels and rehabilitative exercises, other lifestyle choices, and much more. Your chiropractor can help!

October is Spinal Health Care Month in Michigan! Chiropractors use a hands-on technique known as the “chiropractic adjustment” to restore spinal and other joint mobility. This procedure is performed by manually applying a controlled force to joints that have either become too restricted in their movement or too mobile, as a result of a tissue injury. The goal of chiropractic care is to restore spinal movement and function, rather than masking the true cause of pain with opioids. Your chiropractor can help!