

FOR IMMEDIATE RELEASE:

HEALTH MINISTER ANNOUNCES: HELP ON THE WAY FOR LOW BACK PAIN

Teams of healthcare professionals established across the province to create innovative low back pain management programs

TORONTO, Canada, November 26, 2014 – Low back pain is a major health issue in Ontario. It affects 85 per cent of the working population at some point in their life and is second only to the common cold as a cause of lost work time. This is why the Ontario Chiropractic Association (OCA) welcomed today's announcement from the Ministry of Health and Long-Term Care (MOHLTC), a series of Primary Care Low Back Pain (PCLBP) Pilot projects across the province.

The PCLBP Pilot project establishes inter-professional primary care teams to provide better patient care through more effective treatment and management of low back pain. The pilot will provide \$2.3 million in funding for seven primary care organizations across seven different Local Health Integration Networks in the design, planning and implementation of a LBP management program within their organizational context. Chiropractors will have a significant role in six of those pilot projects.

Chiropractors diagnose and treat a broad range of musculoskeletal (MSK) conditions. Their contributions to the PCLBP pilot will include:

- a thorough MSK assessment that may curtail the requirement for further expensive diagnostic testing,
- evidence based treatment including manual therapy to help manage low back pain and reduce the need for opioids, and,
- a focus on self-management and education leading to high levels of patient engagement.

"A collaborative, team-based approach can be very beneficial to Ontarians with low back pain," said Dr. Kristina Peterson, President of the Ontario Chiropractic Association. "Chiropractors bring tremendous expertise to the team-based care of musculoskeletal conditions. We look forward to contributing to the Primary Care Low Back Pain Pilots announced by Minister Hoskins today and providing the best possible care to Ontarians."

"Improving the quality and delivery of treatment for low back pain can make a life-changing difference to thousands of people in the province. Expanding the availability of low back pain supports means that more Ontarians will get the right care, at the right time, in the right place." — Dr. Eric Hoskins, Minister of Health and Long-Term Care.

Back Pain is a major health issue for Ontario

- The Public Health Agency of Canada found that, in 2008, the *direct* costs (i.e., drug, hospital, and physician care) of LBP care in Ontario amounted to more than \$390 million.^[iii]
- in 2012 nearly 20% of Ontarians reported that their back problems were chronic.^[ii]
- In 2013 the WSIB reported that over the previous 10 years, LBP was the leading part of the body injured, accounting for 17-18% of lost time claims.^[iv]

About The Ontario Chiropractic Association

Founded in 1929, the Ontario Chiropractic Association represents the professional interests of more than 3,400 Ontario chiropractors. Chiropractic is a non-invasive, hands-on health care discipline that focuses on treatment and preventative care for disorders related to the spine, pelvis, nervous system and joints. Chiropractors are primary care practitioners, trained to develop and carry out a comprehensive treatment/management plan,

recommend therapeutic exercise and other non-invasive therapies, and provide nutritional, dietary and lifestyle counseling. More than two million Ontarians rely on chiropractic care every year to help them get back to work and back to doing the things they love. For more information about chiropractic care or to find a chiropractor in your area, go to www.chiropractic.on.ca.

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^[iii] Public Health Agency of Canada. (2014). Economic burden of illness in Canada, 2005-2008.
Retrievable from: <http://ebic-femc.phac-aspc.gc.ca/index.php>

^[ii] Statistics Canada, Government of Canada, (2012). Canadian community health survey: Annual component, 2012.

^[iv] Workplace Safety and Insurance Board (2013) By the numbers: 2013 WSIB statistical report. Schedule 1 and Schedule 2. Retrievable from: http://www.wsibstatistics.ca/WSIB-StatisticalReport_S1.pdf and http://www.wsibstatistics.ca/WSIB-StatisticalReport_S2.pdf