

Research: Military Vets Need Chiropractic for Physical and Mental Health

The rigor of training, physical demands of duty, and the unique levels of stress endured by military men and women increase the likelihood of long-term pain and other health challenges. The physical, emotional, and mental burdens experienced by military men and women represents a genuine epidemic. No other profession deserves adequate attention and care for their health and bodies like the men and women of the military. An unfortunate truth meets those who serve and discover mediocre health care at best. Most members of the armed forces go underserved or face solutions involving powerful and dangerous medications that simply mask pain without offering healing for underlying conditions or problems.

New research shows evidence that supports the need for veterans to have greater access to chiropractic care. Veterans represent one of the largest populations of people who seek relief from physical and emotional pain. Most of these military veterans who seek care for physical or emotional pain get prescribed medication as a solution. When less potent medications such as non-steroidal anti-inflammatories (NSAIDs) fail to resolve pain – and fail to address healing, stronger and more addictive drugs come next. This undesirable and harmful path for individuals in pain has become an all-too-common norm. Statistics show that veterans represent one of the largest groups of people to be prescribed opioids and those prescriptions come at alarming levels.

Research published in 2018 shows promising evidence for veterans and their families. The study showed that veterans of recent wars who received chiropractic care used less opioids than those not receiving chiropractic adjustments. Statistics showed that nearly one-third of the veterans participating in the study receiving chiropractic services also originally received an opioid prescription. The frequency of opioid prescriptions decreased after the veterans began utilizing chiropractic. Those who began the study as opioids consumers were able to reduce or eliminate opioid use after a regimen of regular chiropractic care.



Chiropractors passionately care for individuals experiencing health concerns. The chiropractic mission does not involve treatment of a specific condition or disease. Chiropractors focus on restoring the relationship between the spine and central nervous system by specifically assessing and gently adjusting areas of stress and dysfunction. The intimate connection between the spine and the nervous system creates an avenue where improved brain to body communication and balance resolves many unwanted symptoms and conditions. Chiropractic provides a unique advantage for veterans seeking help with pain, stress, and dysfunction without the use of more drugs or surgery. Research confirms the necessity for better health care options for service men and women. Pursue a healthier future with chiropractic.