



HARDIN DISABILITY



The Newsletter for Claimants, Support Persons, and Disability Advocates.

Back Pain - Chronic

Tips of the Month

Apply:

If you are applying for benefits, you will need to have enough work credits to qualify for SSDI and/or meet the resource limits for SSI.

SSA will not even consider whether you are disabled until you have cleared this first hurdle. ✨

Appeal:

SSA sends out many forms about pain, symptoms, medications, headaches, and more.

Be sure to read the instructions carefully before completing these forms. Sometimes, SSA wants YOU to answer the questions. Other times, they want your DOCTOR or another person to answer the questions. ✨

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Chiropractic Care for Patients with Chronic Spine Disorders

Contributed by Bryant Neck & Back Pain Center

By any standard, back pain is one of the most prevalent disabilities plaguing our population. According to Block, 2014, over 100 million Americans experience chronic pain with common painful conditions including back pain, neck pain, headaches/migraines, and arthritis, in addition to other painful conditions such as diabetic peripheral neuropathy, etc... In a large study in 2010, 30.7% of over 27,000 U.S. respondents reported an experience of chronic, recurrent pain of at least a 6-month duration. Half of the respondents with chronic pain noted daily symptoms, with 32% characterizing their pain as severe (≥7 on a scale ranging from 0 to 10). Chronic pain has a broad impact on emotional well-being and health-related quality of life, sleep quality, and social/recreational function. (pg. 1)



According to Schneider et al., 2015 “low back pain is among the most common medical elements and an important public health issue. Approximately 50% of the United States working – age adults experience low back pain each

year with a quarter of US adults reported an episode of back pain in the previous three months. Back pain is the most common cause of disability for persons younger than 45 years old and one of the most common reasons for office visits to primary care physicians in the United States as well as Europe and Australia.” (pg. 2009)

When it comes to direct influence of the chiropractic adjustment on spine pain patients, a 2005 study . . .

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Chiropractic Care for Patients with Chronic Spine Disorders.

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. . . a 2005 study by DeVocht, Pickar, & Wilder concluded through objective electrodiagnostic studies (neurological testing) that 87% of chiropractic patients exhibited decreased muscle spasms. This study validates the reasoning behind why people with severe muscle spasms in the low back respond well to chiropractic care which in turn is shown to prevent future problems and disabilities.

Cifuentes et al., 2011 stated, "Given that chiropractors are proponents of health maintenance care, we hypothesize that patients with work-related LBP [low back pain] who are treated by chiropractors would have a lower risk of recurrent disability because this specific approach would be used. Conversely, similar patients treated by other providers would have higher recurrence rates because the general approach did not include maintaining health, which is a key component to prevent recurrence" (Cifuentes, Willetts, & Wasiak, 2011, p. 396).

This research is unique and comprehensive in that it tracked injured workers' compensation patients in multiple states and it reviewed claims dated between January 1, 2006 and December 31, 2006 including 894 cases out of a pool of 11,420 claims of non-specific low back pain cases. (The states were chosen because the patients had the ability to select their doctors on their own and were not mandated a provider.)

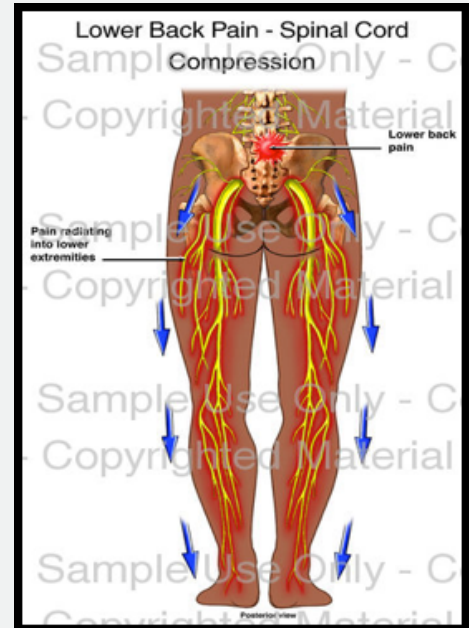


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Relating to the results, the authors report, "In our study, after controlling for demographics and severity indicators, the likelihood of recurrent disability due to LBP for recipients of services during the health maintenance care period by all other provider groups was consistently worse when compared with recipients of health maintenance care by chiropractors. Care from chiropractors during the disability episode ("curative"), during the health maintenance period (main exposure variable, "preventative"), and the combination of both (curative and preventive) was associated with lower disability recurrence HRs" (p. 403). This article validates chiropractic's role in the prevention of the recurrence of back pain in patients with chronic spine disorders. ✨

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References for this article are listed on page 3.



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 Support Group**

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 groups/hardindisability/](https://www.facebook.com/groups/hardindisability/)

Tips of the Month

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Hearing:

Be prepared to describe your pain to the judge. This isn't as easy as it may sound.

Many people suffer from soreness, aching, spasms, and other types of "discomfort." But, everyone experiences symptoms differently, and sometimes it is hard to describe your pain.

Consider using these words to describe what you are feeling: aching, cramping, hot or burning, sharp, shooting, stabbing, throbbing, tender.

Rating severity of pain: consider the scale of 1 to 10 that the doctor's office uses.

Describe Potential triggers: bending or moving a certain way, trying to pick something up off the floor, reaching overhead, lifting something heavy.

Examples of things that might increase pain: sitting in one place too long, walking, standing, stress, environmental conditions.

Other symptoms associated with pain: redness, swelling, heat, stiffness, crackling noise, muscle weakness, fatigue, appetite loss.



Chiropractic Care for Patients with Chronic Spine Disorders.

References

Block, C. K. (2014). *Examining neuropsychological sequelae of chronic pain and the effect of immediate-release oral opioid analgesics* (Order No. 3591607). Available from ProQuest Dissertations & Theses Global. (1433965816). Retrieved from <http://search.proquest.com/docview/1433965816?accountid=1416>

Cifuentes, M., Willetts, J., & Wasiak, R. (2011). Health maintenance care in work-related low back pain and its association with disability recurrence. *Journal of Occupational and Environmental Medicine*, 53(4), 396-404.

DeVocht, J. W., Pickar, J. G., & Wilder, D. G. (2005). Spinal manipulation alters electromyographic activity of paraspinal muscles: A descriptive study. *Journal of Manipulative and Physiologic Therapeutics*, 28(7), 465-471. ✨

Community Resources

Arkansas Spinal Cord Commission

<http://www.spinalcord.ar.gov/about-us/>

The Arkansas Spinal Cord Commission serves only Arkansas residents who have sustained a spinal cord disability.

The Arkansas Spinal Cord Commission has a staff of Case Managers who are knowledgeable about spinal cord injuries, spina bifida, multiple sclerosis and other spinal cord disabilities. An ASCC Case Manager is assigned to every individual who is determined eligible for their services, at no cost to you. You may call them anytime you have a question or need help with issues related to your spinal cord disability.

Call [501-296-1788](tel:501-296-1788) or [1-800-459-1517](tel:1-800-459-1517)

Please note: we have not investigated this resource, are not affiliated with them, and do not necessarily endorse this resource. We are just sharing information that we hope will be helpful to you. We welcome all feedback regarding any featured resource. ✨

Your Disability Team at The Hardin Law Firm wishes you the very brightest of holiday cheer. And as always, best wishes on your disability claim!
~ Deborah L. Hardin

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