

## CHIROPRACTORS ADVISE MEMBERS OF THE EUROPEAN PARLIAMENT HOW TO TACKLE THE NUMBER ONE CAUSE OF DISABILITY

Although musculoskeletal problems are the number one cause of disability in Europe, and low back pain disability alone is greater than lung, bowel and breast cancer disability combined, we are failing to deal with them effectively argued leading chiropractors at a meeting in the European Parliament under the chairmanship of Miltiadis Kyrkos MEP. But there is a better way.

“Conditions that kill get bigger headlines than conditions that cripple... let’s lay out the case for greater attention and a change in our approach to MSK health,” Mr Kyrkos said.

He was hosting a presentation for MEPs on Musculoskeletal (MSK) Health and the citizens of Europe, organized by the European Chiropractors’ Union (ECU).

A group of experts<sup>1</sup>, lead by ECU President Vasileios Gkolfinopoulos, presented irrefutable evidence, that MSK problems are the most frequent cause of disability amongst European citizens.

We need a new approach from the old, wasteful, unnecessary and ineffective overuse of X-rays, CT and MRI scans, opioid prescription, spinal injections and surgery.

And there is a better way of treating MSK disability. It is by adopting evidence-based guidelines designed to help people stay active and at work through chiropractic care.

MEPs were presented with successful examples from around Europe of how policy makers can be approached and influenced to move in that direction, how the awareness of the public can be raised, together with recent scientific evidence of the value of regular chiropractic care as a preventive measure and about the high level of education and training of

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<sup>1</sup> The experts comprised Prof. Jan Hartvigsen of the University of Southern Denmark, Dr. Iben Axen of The Karolinska Institute in Sweden, Dr Jakob Lothe of Norway, Dr Gitte Tonner of the Netherlands and Dr. Tom Michelsen of Belgium- all leading researchers and clinicians from the European Chiropractors’ Union.

chiropractors as primary care points of contact for people with pain and disorders of the MSK system.

ECU President Vasileios Gkolfinopoulos concluded with a strong message to European Parliament members for political support for the chiropractic profession, in its efforts to provide evidence-based, cost effective care to those suffering from disabling MSK and low back pain. “We have a vision of a high-quality life for the citizens of Europe which I believe all politicians can share regardless of ideology, nationality or political beliefs”.

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