

Integrating Primary Care and Chiropractic Medicine

The goal of The Ohio State University Center for Integrative Medicine (CIM) is to care for the whole patient, incorporating traditional and non-Western techniques.¹ Studies have shown that patients are often unsatisfied with only medical care received for back pain, as compared to chiropractic medicine.² In an effort to increase patient satisfaction, while providing optimum care, Dr. Grandominico the chiropractor works in tandem with medical doctors at the CIM.

A thorough history and exam is performed by a medical or chiropractic physician, classifying the patient into 1 of 3 categories: serious disease, e.g. tumor, infection; back pain associated with nerve compression; and “nonspecific low back pain” (85-90%).³ If a patient presents to Dr. Kanodia, a medical doctor, and criteria for back pain successfully treated by manipulation⁴ are met, or the patient requests to see the chiropractor, they are referred to chiropractic medicine. With Dr. Grandominico, the patient is reassured of the absence of severe disease and is instructed on resumption of normal activities with modification to reduce pain. Treatment usually consists of manipulation with one or more modalities such as rehabilitative exercises, McKenzie treatment, proper body mechanics, myofascial techniques, ultrasound or muscle stimulation. A typical therapeutic trial of chiropractic care consists of 5-10 visits over a 2-4 week period⁵ with the goal of decreasing pain and restoring function. The patient’s progress is monitored using outcome tools such as visual analog pain scale and/or Oswestry Disability Questionnaire. If the patient does not improve, the team discusses the need for medication, imaging, identifying psychosocial factors or referral to a subspecialist.

Anup K. Kanodia, MD, MPH
John M. Grandominico, DC, DACRB
Heather A. Rainey, BS
Department of Family Medicine
Center for Integrative Medicine
The Ohio State University
Columbus, OH

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