



Faster Access to Care with Physical Medicine

When in pain, waiting to see a doctor can feel like an eternity. In fact, the [national average wait time](#) to see a family medicine doctor is 20.6 days. When patients have pain they can't ignore, and primary care is not readily available, they seek the emergency room or urgent care. This ultimately leads to less-than-ideal care conditions, which focus primarily on a pharmacological approach that's not curative, resulting in larger bills on the back end.

Or worse, patients put off care long-term, prolonging chronic back pain and other musculoskeletal (MSK) conditions.

The Benefits of Physical Medicine

In contrast, physical medicine, the hands-on treatment of MSK conditions to relieve muscle and joint pain, offers accessible, efficacious care. For example, of the 1,292 patients who received chiropractic treatment from a Fulcrum network provider and participated in the [Q4 2024 Fulcrum Network Patient Satisfaction Survey](#), 98% felt they were able to get appointments and answers to their questions in a timely manner. This timely access to care can significantly reduce the duration of pain and improve overall patient outcomes.

Consequences of Delayed Care

The consequences of delayed care are not just limited to prolonged recovery times and poor health outcomes. From 2016 to 2022, there were over [52 million ED visits for low back pain](#), with the mean age of patients being seen at 45.4 years. And in 2023, [17.1% of ER patients with back pain were admitted](#), and the most common medication given in the ER was opioids (40.7%). Upon discharge, the most common medications prescribed were muscle relaxants at 32.1% and opioids at 23.2%. These statistics underscore the need for timely and effective pain management to prevent unnecessary ER visits and the over-reliance on opioids—a problem Fulcrum Health is committed to reducing.

Physical Medicine Forward

At Fulcrum Health, we believe in connecting people to hands-on treatment for muscle and joint pain. Our award-winning network, expert guidance, personalized service, and innovative, flexible solutions are all part of our commitment to moving Physical Medicine Forward.

We unlock the full potential of physical medicine by connecting providers, health plans, employers, and patients, aimed at lowering health care costs while achieving better outcomes.

We invite you to partner with Fulcrum Health and explore what moving Physical Medicine Forward can mean for your health plan and members.

About Fulcrum Health

Fulcrum Health, Inc. is a non-profit, NCQA accredited, physical medicine leader delivering quality care through its credentialed provider networks for over 40 years. Its physical medicine networks include chiropractic, acupuncture, massage therapy, occupational therapy, speech language pathology, and physical therapy. Serving over 2.5 million members, Fulcrum continues to offer innovative and inspiring ways to leverage physical medicine that help lower health care costs, achieve better outcomes, and increase patient satisfaction. Fulcrum Health's chiropractic network is a multiple year recipient of the Press Ganey Guardian of Excellence Award for outstanding performance in patient satisfaction.

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