



STATE OF TENNESSEE

PROCLAMATION

BY THE GOVERNOR

WHEREAS, there has been a general increase in the prevalence of sedentary lifestyles over the past several years due to advances in technology and the increase of remote work, leading to an increase in musculoskeletal conditions such as low back pain and joint pain; and

WHEREAS, research shows that physical activity provides several important health benefits, such as weight management, increased bone and muscle strength and decreased risk of heart disease or stroke; and

WHEREAS, physical activity can also provide valuable benefits to our mental health by reducing the risk of anxiety, and depression and enhancing sleep and quality of life; and

WHEREAS, chiropractors are physician-level healthcare providers who have particular expertise in the prevention, treatment and rehabilitation of musculoskeletal conditions and injuries that may inhibit physical activity; and

WHEREAS, there is a growing body of research supporting the early use of chiropractic spinal manipulation in helping patients with chronic low back pain to reduce or eliminate their need later for prescription opioid pain medications and surgery; and

WHEREAS, doctors of chiropractic through their regular interactions with patients and in collaboration with other health care providers, have the opportunity to educate Tennesseans on the many benefits of a healthy lifestyle; and

WHEREAS, the Tennessee Chiropractic Association has offered support to thousands of citizens employed in chiropractic across the state for 87 years; and

WHEREAS, the Tennessee Chiropractic Association joins with the American Chiropractic Association in recognizing October 2022 as National Chiropractic Health Month;

NOW, THEREFORE, I, Bill Lee, Governor of the State of Tennessee, do hereby proclaim October 2022 as

Chiropractic Health Month

in Tennessee and encourage all citizens to join me in this worthy observance.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the official seal of the State of Tennessee to be affixed at Nashville on this twenty-eighth day of September 2022.

Governor

Secretary of State