



Long Term Benefits of Chiropractic Care

“Chronic spinal pain: a randomized clinical trial comparing medication, acupuncture and spinal manipulation”

Giles, L. G., & Muller, R. (2003). Chronic spinal pain: a randomized clinical trial comparing medication, acupuncture and spinal manipulation. *Spine*, 28, 1490-1503.

Objective:

To compare medication, acupuncture and spinal manipulation for managing chronic (over 13 weeks duration) spinal pain.

Method:

Patients were assessed before they were separated into one of the three protocols: chiropractic spinal adjustments, acupuncture and medication.

The medication group had chronic spinal pain for an average of 4.5 years.

The acupuncture group had an average spinal pain for 6.4 years.

The chiropractic adjustment group had pain for an average of 8.3 years

Results & Conclusions:

- After only 9 weeks of treatment, the highest proportion of early (asymptomatic status) recovery was found for chiropractic adjustments (27.3%), followed by acupuncture (9.4%) and then medication (5%).
- The people receiving chiropractic adjustments achieved the best overall results, with improvements of 50% on the Oswestry scale, 50% on the NDI, and 47% on the SF-36 scale.
- Patients with chronic spinal pain who receive chiropractic adjustments, result in greater short term improvement than acupuncture or medication.
- Medication not only did not achieve a marked improvement in spinal pain but also caused adverse reactions in 6.1% of the patients.
- Overall general health status improved for the chiropractic patients by 47%, 18% for medication patients, and 15 % for acupuncture patients.



Chronical Spinal Pain: A Randomized Clinical Trial Comparing Medication, Acupuncture, and Spinal Manipulation [from: Spine, July 15, 2003; 28(14):1490-1502]

<i>Treatment</i>	<i>Drugs (Celebrex or Vioxx)</i>	<i>Acupuncture</i>	<i>Chiropractic Adjustments</i>
Years of Chronic Spinal Pain	4.5 or 6.4	4.5 or 6.4	8.3
% Asymptomatic within 9 weeks	5%	9.4%	27.3%
% That suffered an adverse event	6.1%	0%	0%
% Improvement of General Health Status	18%	15%	47%