

CHIROPRACTIC & HEALTH

A Natural Connection

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Study Shows Chiropractic SMT Far Superior to Medication or Acupuncture

Giles, L. & Muller, R. (2003) Chronic Spinal Pain: A Randomized Clinical Trial Comparing Medication, Acupuncture, and Spinal Manipulation. *Spine* 28:1490-1503.

QUOTE BOARD:

"The highest proportion of early (asymptomatic status) recovery was found for manipulation (27.3%), followed by acupuncture (9.4%) and medication [Celebrex, Vioxx, or Tylenol] (5%)."

"Manipulation achieved the best overall results, with improvements of 50% on the Oswestry [low back disability] scale, 38% on the NDI [Neck Disability Index], 47% on the SF-36 [Quality of Life Scale], and 50% on the VAS [Visual Analogue Scale] for back pain, 38% for lumbar standing flexion, 20% for lumbar sitting flexion, 25% for cervical sitting flexion, and 18% for cervical sitting extension."

Conclusion:

"In summary, the significance of the study is that for chronic spinal pain syndromes, it appears that spinal manipulation provided the best overall short-term results, despite the fact that the spinal manipulation group had experienced the longest pretreatment duration of pain."

Key Concepts:

This was a pragmatic study that compared the actual clinical treatments provided by real practitioners in a real clinical setting. This makes the results of this study particularly applicable to clinical practice.

Here are the data comparing the three interventions regarding the percentages of improvement:

VAS Back Improvement: Manipulation 50%; Acupuncture 15%; Medication 0% - WOW!!

Oswestry Back Improvement: Manipulation 50%; Acupuncture 5%; Medication 4% - WOW!!

NDI Improvement: Manipulation 38%; Acupuncture 16%; Medication 8% - WOW!!

SF-36 Improvement: Manipulation 47%; Acupuncture 15%; Medication 18% - WOW!!

Key Take Home Points:

The results of this study indicate **OVERWHELMINGLY** clinical superiority of chiropractic thrust manipulation vs usual medical care or acupuncture.

Why was chiropractic so much more effective than drugs and medications? The answer is simple, because neither acupuncturists nor medical doctors are trained to identify areas of segmental spinal neuromusculoskeletal dysfunction (VSC). Further, neither acupuncture nor medication restore proper segmental motion and function – chiropractic adjustments/manipulations do!

Chiropractic is not based on magic or placebo or faith, chiropractic is based on the irrefutable science regarding the central importance of segmental motion to spinal health and function.

It's simple, no proper segmental motion, no proper tissue and neurological health and function, no proper healing. Segmental motion is **EVERYTHING** - and chiropractic delivers!



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