

# CHIROPRACTIC & HEALTH

## A Natural Connection

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### *Evidence Shows Gold Standard Usual Medical Treatment for Acute Back Pain Ineffective*

1. Chou et al. (2017) Systemic Pharmacological Therapies for Low Back Pain: A Systematic Review for an American College of Physicians Clinical Practice Guideline. *Annals of Internal Medicine* 166:480-492
2. Davies et al. (2008). A systematic review of paracetamol [acetaminophen/tylenol] for non-specific low back pain. *Eur Spine Journal* 17(11): 1423-1430

#### QUOTE BOARD:

"New evidence suggests that acetaminophen [paracetamol/tylenol] is ineffective for acute low back pain..." <sup>1</sup>

"A review of clinical practice guidelines from around the world, published up until the year 2000, found that almost all the guidelines recommended paracetamol [Tylenol/acetaminophen] as part of the first line of care for patients with low back pain." <sup>2</sup>

"At the end of treatment paracetamol was found to delay recovery, with a relative risk for recovery of 0.66 (0.44–1.01) compared with no treatment."<sup>2</sup>

#### Conclusion:

"There is an absence of any placebo-controlled trials and a small number of very low quality trials comparing paracetamol to other treatments." "This is concerning since paracetamol is recommended as part of the baseline care in most clinical guidelines for low back pain." <sup>2</sup>

### Key Concepts:

For years patients have been told that usual medical care was a more evidence-based, safer approach to back pain and other neuromusculoskeletal health issues than usual chiropractic care.

The main focus in usual medical care, based on medical clinical practice guidelines, has always been drugs and the most recommended drug for decades was Tylenol/Paracetamol/Acetaminophen. There was NEVER a shred of evidence of effectiveness and there has always been known adverse effects.

### Key Take Home Points:

The negative bias towards evidence-based chiropractic care and the false rhetoric regarding the evidence and safety of usual medical care has been proven over and over again by scientific studies to be unfounded and false. Millions of patients have suffered needlessly from a lack of effective chiropractic care and millions have suffered from the adverse effects from ineffective, dangerous medical care. This human tragedy continues because so many are unaware of the truth!

Drugs are ineffective, illogical solutions because drugs cannot fix a lack of motion and function in your spine any more than they can fix a cavity in your tooth. Drugs are ineffective and they have serious adverse effects. Isn't it time that everyone knew the truth regarding what does and does not represent evidence-based and safe care options for spinal and other neuromusculoskeletal health issues?

Please help us spread the truth so that we can give people the evidence-based, safe, compassionate chiropractic care they deserve.



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