

# CHIROPRACTIC & HEALTH

**A Natural Connection**

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## *New Systematic Review in Medical Journal Confirms Benefits of Manipulation for Low Back Pain*

Paige et al. (2017) Association of Spinal Manipulative Therapy with Clinical Benefit and Harm for Acute Low Back Pain. Systematic Review and Meta-analysis. JAMA;317(14):1451-1460

### **QUOTE BOARD:**

"Of 26 eligible RCTs [Randomized Controlled Trials] 15 RCTs (1711 patients) provided moderate quality evidence that SMT has a statistically significant association with improvements in pain."

"Twelve RCTs (1381 patients) produced moderate-quality evidence that SMT has a statistically significant association with improvements in function."

"No RCT reported any serious adverse event."

"High quality studies tended to report larger benefits."

### **Conclusion:**

"In this systematic review and meta-analysis of 26 randomized clinical trials, spinal manipulative therapy was associated with statistically significant benefits in both pain and function of, on average, modest magnitude, at up to 6 weeks [compared with sham or alternative treatments]."

### **Key Concepts:**

The evidence is clear, spinal manipulative therapy (chiropractic adjustment) reduces pain, increases comfort, and increases functional ability. Chiropractic adjustment is not just effective compared to placebo or sham adjustment, it is also more effective than surgery, usual medical care, or physiotherapy.

### **Key Take Home Points:**

Opioids are addictive, deadly, expensive, and ineffective in the long term. Other drugs lack evidence of effectiveness and have proven side effects. Physiotherapy is ineffective for spinal conditions and back pain compared to chiropractic.

There is only one scientific and logical conclusion: Chiropractic is the safest, most effective, and most cost-effective choice for patients with spinal health issues (excluding spinal fractures, spinal infections, and spinal cancer).

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