

Neck Pain (Torticollis), Headaches, Dizziness, Radiating Pain, Nausea, depression, Confusion, Ringing in the Ears Show Good Outcomes With Chiropractic Care

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Neck Pain (Torticollis), Headaches, Dizziness, Radiating Pain, Nausea, Depression, Confusion, Ringing in the Ears Show Good Outcomes With Chiropractic Care

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Although neck pain is the number one bodily injury or pain complaint from the general population in the west, many studies verify that chiropractic care for common neck pain has been effective. It has also been generally recognized that chiropractic care has helped a myriad of maladies and we are just starting to see those outcomes or positive results in the scientific literature to verify what both chiropractors and their patients have been reporting for over 100 years. The following study looks at outcomes of chiropractic treatment for neck pain and concurrent complaints throughout the Netherlands.

Rubenstein ET. Al (2007) used 79 chiropractors who each recruited approximately 10 patients. The patients were between the ages of 18-65 and had not received treatment 3 months prior to beginning this study. Participants who were treated for neck pain in this study all had different levels and frequency of visits with the chiropractor. Chiropractic spinal adjustments were the primary form of treatment. Each patient was asked a series of questions to assess their treatment success during each visit as well as during follow up appointments at 3 months and 12 months. Every symptom, including fatigue, headaches, nausea, and depression, significantly decreased from visit to visit, and significantly increased after the visits ceased.

This study covered a large area of patients with varying degrees and specifics of neck pain, as well as chiropractors with varying methods of treatment. Unlike many studies that gather data on effectiveness of treatments, especially pharmaceutical companies, this study showed statistics of both success in curing neck pain as well as adverse effects that arose during and after treatment. Only 5 of 4891 patients in the study group reported worsening of pain at the end of the study, which was 12 months after treatment. Also, only 2 of 4891 patients reported worsening of pain at the 3 month mark, which is when treatment for neck pain stopped.

The most prevalent improvement of neck pain in patients occurred during their first three visits. Additionally, most symptoms other than neck pain also improved during the first 3 months of treatment. Almost 50% of the patients were fully recovered when interviewed at

their fourth visit. Almost 75% of the patients were fully recovered when interviewed at the three and twelve month follow up visits.

The following graph was presented by Rubenstein ET. Al (2007)

As you can see from the above graph, by the 2nd visit to a chiropractor, there has been significant improvement that continues to improve by the 4th visit. Although these patients initially sought care for neck pain, this study shows that many complaints respond favorably to chiropractic care and each complaint requires more independent research. The most impressive statistic was 99.4% of people in the study would visit a chiropractor again at the 2nd visit and 98.7% at the 4th visit. That alone gives more insight than most other variables. If it wasn't successful, those numbers would not be there.

Chiropractic is one of the safest treatments currently available in healthcare and when there is a treatment where the potential for benefits far outweighs any risk, it deserves serious consideration. Whedon et al. (2014) based their study on 6,669,603 subjects after the unqualified subjects had been removed from the study and accounted for 24,068,808 office visits. They concluded, "No mechanism by which SM (spinal manipulation) induces injury into normal healthy tissues has been identified. (Whedon et al., 2014, p. 5)

Reference:

Rubinstein S., Lebouf-Yde C., Knol D., de Koekkoek T., Pfeifle C., van Tulder M., (2007) The Benefits Outweigh The Risks For Patients Undergoing Chiropractic Care For Neck Pain: A Prospective, Multicenter, Cohort Study, *Journal of Manipulative & Physiological Therapeutics* 30(6) page 408-418

Whedon, J. M., Mackenzie, T. A., Phillips, R. B., & Lurie, J. D. (2014). Risk of traumatic injury associated with chiropractic spinal manipulation in Medicare Part B beneficiaries aged 66-69. *Spine*, [Epub ahead of print]1-33.