

Chiropractic: Who-How-What?



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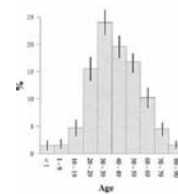
100 patients seen in less than an hour received a questionable dose of a mixture prescribed almost at random and poured from a large brown mug. The content consisted of laxative, iron, magnesium sulphate and cod oil.

St Bartholomew Hospital London 1889

Who?

“ Studies dealing with chiropractic including patient profiles, practice patterns and outcomes from many countries including USA, Canada, UK, Denmark, Sweden, Norway, Belgium, Holland

Who? - age



Hartvigsen et al 1999

| Level of Evidence* | Actions Supported |
|---|--|
| High and Moderate quality POSITIVE evidence | <ul style="list-style-type: none"> Supports public favorable claims regarding effectiveness Advise patients that this is an effective treatment choice |
| INCONCLUSIVE, but favorable evidence | <ul style="list-style-type: none"> Does not support any public claims regarding effectiveness Recommend effective alternative if available Advise patients that this is a treatment option in the absence of an effective alternative |
| INCONCLUSIVE, and unclear direction of evidence | <ul style="list-style-type: none"> Recommend effective alternative if available Advise patients that the effectiveness of this treatment option has not been established |
| INCONCLUSIVE, but non-favorable evidence | <ul style="list-style-type: none"> Advise patients that this treatment option is unlikely to be effective Recommend effective alternative if available |
| High and Moderate quality NEGATIVE evidence | <ul style="list-style-type: none"> Advise patients AGAINST this as a treatment option Recommend effective alternative if available |

| Musculoskeletal | Headache | Non-Musculoskeletal |
|---|--|---|
| <ul style="list-style-type: none"> Spinal pain <ul style="list-style-type: none"> low back thoracic neck coccyx Extremity pain <ul style="list-style-type: none"> shoulder elbow wrist hip knee foot/ankle Other <ul style="list-style-type: none"> temporo-mandibular disorders fibromyalgia myofascial pain syndrome | <ul style="list-style-type: none"> migraine tension type cervicogenic miscellaneous headache | <ul style="list-style-type: none"> asthma pneumonia vertigo infant colic hypertension enuresis dysmenorrhea premenstrual syndrome otitis media |

Figure 2

| Spinal Conditions | Intervention | Evidence | | |
|-------------------------------------|---|---------------|-----------|----------|
| | | Inconclusive | Moderate | High |
| Acute Low Back Pain | Spinal manipulation/mobilization | | positive | |
| Chronic Low Back Pain | Spinal manipulation/mobilization | | | positive |
| Chronic Low Back Pain | Massage | | positive | |
| Chronic Low Back Pain | Foot re-education added to usual medical care | non-favorable | | |
| Sciatica/ Radiating Leg Pain | Spinal manipulation/mobilization | | favorable | |
| Coccydynia | Spinal manipulation | | favorable | |
| Mid Back Pain | Spinal manipulation | | favorable | |
| Acute/subacute Neck Pain | Thoracic spinal manipulation/mobilization | | positive | |
| Acute Whiplash-Associated Disorders | Mobilization with exercise | | positive | |
| Chronic Neck Pain | Spinal manipulation/mobilization with exercise | | positive | |
| Neck Pain of any duration | Cervical spinal manipulation/mobilization alone | | favorable | |
| Chronic Neck Pain | Massage | | positive | |

Figure 3

Summary: Who-How-What?

- “ Chiropractic is an academically young but maturing profession
- “ Chiropractors primarily see middle aged patients with spine related complaints
- “ Chiropractors use a variety of therapeutic modalities most commonly various types of manual treatment combined with exercise and counselling

Summary: Who-How-What?

- “ There is a large variation in practice patterns between chiropractors in different countries (and sometimes within the same country)
- “ There is scientific evidence to support the treatments provided by chiropractors to spine pain patients
- “ Serious side effects from chiropractic treatments are rare

