

CHIROPRACTIC & HEALTH

A Natural Connection

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Chiropractic Thrust Manipulation/Adjustment Superior to Physical Therapy Non-Thrust Mobilizations

Cleland et al (2007) Short-term Effects of Thrust Versus Nonthrust Mobilization/Manipulation Directed at the Thoracic Spine in Patients with Neck Pain: a Randomized Clinical Trial. *Physical Therapy*; 87 (4): 431-440

QUOTE BOARD:

"Evidence supports the use of manual physical therapy interventions directed at the thoracic spine in patients with neck pain."

"The purpose of this study was to compare the effectiveness of thoracic spine thrust mobilization/manipulation with that of nonthrust mobilization/manipulation in patients with a primary complaint of mechanical neck pain."

Subjects who received thrust mobilization/ manipulation experienced greater reductions in disability, with a between-group difference of 10% [clinically significant], and in pain, with a between-group difference of 2.0 [clinically significant]. Subjects in the thrust mobilization/manipulation group exhibited significantly higher scores on the GROC [Global Rating of Change] Scale at the time of follow-up.

Conclusions: "The results suggest that thoracic spine thrust mobilization/manipulation results in significantly greater short-term reductions in pain and disability than does thoracic nonthrust mobilization/manipulation in people with neck pain."

Key Concepts:

Research is clear that chiropractic thrust manipulation/adjustment has been the most evidence-based, most effective intervention for spine-related pain and dysfunction since it was first introduced in 1895.

No other intervention for low back pain or other spine-related pain and dysfunction has stood the test of time; or has had to withstand the unfounded and unscientific criticism and lack of recognition.

Key Take Home Points:

If you or a loved one has spine-related pain, dysfunction, or loss of quality of life, the best chance for recovery is chiropractic adjustment/manipulation.

Though some other professions have weekend certifications in manipulation, chiropractic is the world's only profession centered around the diagnosis of segmental spinal dysfunction and its correction with thrust manipulation/adjustment.

Chiropractors are the world's leading experts in diagnosis and treatment of segmental spinal dysfunction and chiropractic care is the most evidence-based, most effective, and most cost effective and safe treatment option for low back pain, neck pain, and other spine-related pain and dysfunction.

Everybody should have a chiropractor on their healthcare team and the chiropractor should be the first healthcare practitioner seen for spine-related pain and dysfunction.

Chiropractic care is proven to be the best option to restore and maintain spine-related health, function, and quality of life.