Debunking Medical Myths: The Chiropractic Myth: The Dangers Of Neck Adjustment

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THE CHIROPRACTIC MYTH: THE DANGERS OF NECK ADJUSTMENT

Group Yellow 50: Carter C., Chava N., Daigle M., Gopalakrishnan P., McRoy W., and Schervish S.

NECK PAIN

22% suffer at any time in the general population, 70% suffer over a lifetime

4th leading cause of disability

Prevalence of neck pain is higher in females than in males

Neck pain can be caused by traumatic or non-traumatic injuries

Studies have shown that spinal manipulation is NO MORE effective than traditional medical management or mobilization therapy.

There is very little credible evidence that neck adjustments are effective at treating neck pain.

ALTERNATIVE MEDICINE FOR NECK PAIN

31% of alternate health visits are to chiropractors

Neck pain is the 2nd most common cause for visiting a chiropractor

MYTH DEBUNKED: NOT SAFE/NOT EFFECTIVE

One study states that in about 89% of neck pain cases, adjustments were not appropriate

30-61% have adverse effects from chiropractic neck adjustments

Neck adjustments are associated with higher risk of stroke

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REFERENCES: