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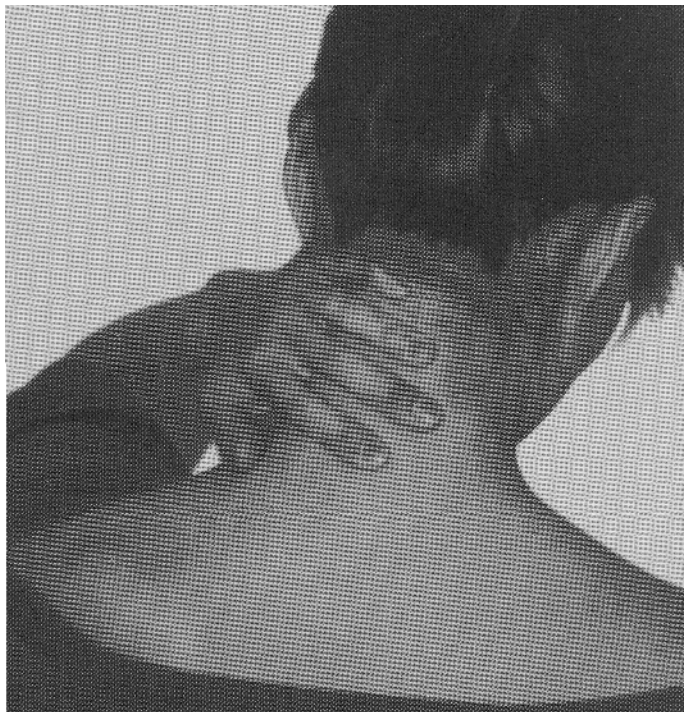
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"treating the cause of your problem, not just the symptoms"

Treatment of Neck Pain

Most of you reading this article have at some time in your life experienced some form of neck pain. In fact, ten to fifteen percent of the general population will experience it at least once. It can affect men or women of any age but it does occur in females more than males and most commonly around age fifty for both sexes. Second only to low back pain, neck pain is probably one of the most common complaints people have when going to see their chiropractor. If all of those people are seeing a chiropractor for neck complaints, it must be doing something right? Well yes, we do achieve good results and a randomized, controlled study published in a medical research journal proves it. The study was published in the May issue of the "Annals of Internal Medicine", Volume 136, #10. It compared the treatment of neck pain by "manual therapists", physiotherapists, and medical doctors. The term "manual therapists" was used to describe practitioners who use "mobilization or manipulation" to treat neck pain. Chiropractors receive more extensive training on this technique than any other health care practitioner. As well, this is the type of treatment used on 98% or more of our patients with neck pain in our practice.



The study included 183 patients, aged 18 to 70, who had been experiencing neck pain for at least two weeks. The patients were randomly separated into three groups. A "manual therapist" treated the first, a physiotherapist treated the second, and a medical doctor treated the third. The "manual therapists" performed mobilization of the joints in the neck. The physiotherapists used exercises, heat, and electrical

therapy. The medical doctors prescribed pain/anti-inflammatory drugs and gave counseling/education about their neck problem.

The results of the study are as follows:

- 1) After seven weeks of treatment, 68.3% of patients receiving manual therapy reported completely resolved or much improved symptoms, compared to 50.8% of patients receiving physical therapy and 35.9% of patients seen by their medical doctor.
- 2) After three weeks of treatment, the number of patients that actually worsened with continued care from their medical doctor was 9, with physical therapy was 3, and ZERO with manual therapy.
- 3) Patients who received manual therapy had fewer absences from work than patients receiving physical therapy or continued medical care.
- 4) Patients who received manual therapy experienced the greatest gains in amount of neck movement (looking up & down, turning left & right) compared to the other two forms of treatment.
- 5) Patients who received manual therapy had the greatest improvement in “neck disability” and “general health”.

Chiropractors have known for decades that the most effective way to treat common or benign neck pain is to restore the proper mobility of the joints and maintain them that way long enough for the body to heal them on its own. Only then will all the other secondary symptoms such as pain, dizziness, muscle spasm, and headaches disappear.