

Safety of Spinal Manipulation

Dabbs, D.C. and Lauretti, D.C. A Risk Assessment of Cervical Manipulation vs. NSAIDs for the Treatment of Neck Pain. Journal of Manipulative and Physiological Therapeutics. Vol. 18, number 8 Oct. 1995; 18:530-6.

“The best evidence indicates that cervical manipulation for neck pain is much safer than the use of NSAIDs, by as much as a factor of several hundred times. There is no evidence that indicates NSAID use is any more effective than cervical manipulation for neck pain.”

Death rate for NSAID-associated GI problems at 0.04% per yr among OA patients receiving NSAIDs, or 3,200 deaths in the US per year.

He (Brandt) also noted that there are several animal studies and human clinical studies that have actually implicated NSAIDs in the acceleration of joint destruction.

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