

How Does Chiropractic Adjustment Compare To Medication and Acupuncture?

It's a question many people who suffer back pain ask: How does chiropractic adjustment compare with prescribed medication and acupuncture?

While past studies have looked at all three neck and back treatment methods in isolation, few studies have compared chiropractic spinal manipulation to medication and acupuncture when resolving back and neck pain.

Fortunately, a study published in the peer-reviewed journal *Spine*, the leading subspecialty journal for the treatment of spinal disorders, sheds light on this question. "A Randomized Clinical Trial Comparing Medication, Acupuncture, and Spinal Manipulation" by Lynton G. F. Giles, DC, Ph.D., and Reinhold Muller, Ph.D., found that patients with chronic spinal pain, manipulation results in more significant short-term improvement than acupuncture or medication.

Prescription Medications and Relief From Back and Neck Pain

According to Giles and Muller, patients who repeatedly seek medical care report unmet needs and expectations [1]. Also, patients prescribed nonsteroidal anti-inflammatory (NSAID) medications risk possible adverse reactions[2,3,4], such as gastrointestinal toxicity induced by NSAIDs [5]. This is noteworthy because there is insufficient evidence to indicate that NSAIDs can assist in managing chronic lower back pain beyond short-term relief.[6]

Acupuncture And The Treatment of Back Pain

Studies of acupuncture effectiveness in relieving chronic spinal pain are mixed at best. Traditional Chinese acupuncture studies show ineffectiveness for chronic lower back pain. And while there is some evidence suggesting that other forms of acupuncture may help lower back pain, there was no evidence that acupuncture helps manage neck pain beyond the short term.

Spinal Manipulation: The Most Effective Way To Achieve Short Term and Long-Term Relief From Back Pain

After a thorough review of the overall data, Giles and Muller [7] concluded that spinal manipulation, if not contraindicated, results in greater improvement than acupuncture or medicine. The study confirmed previous expert opinions that favor the effectiveness of osteopathy and chiropractic for acute uncomplicated low back pain.

Square One – Where Fort Collins Goes For Relief From Chronic Pain & Inflammation

At Square One, our job is to provide patients with pain relief by using a comprehensive, personalized approach that corrects the problem using Chiropractic Biophysics -a proven therapy for non-surgical spine correction.

Square ONE has treatment options for pain relief, spine correction, and structural restoration. We also provide wellness care for those seeking to function at optimal levels once their problem is corrected.

Call us today at 970-286-7793 or [click here](#) to request a free consultation and exam. Make today the day you begin your journey to pain-free living!

Footnotes

[1] McPhillips-Tangum CA, Cherkin DC, Rhodes LA, et al. Reasons for repeated medical visits among patients with chronic back pain. *J Gen Intern Med* 1998; 13:289–95.

[2] . Rainsford KD. *Side Effects of Anti-Inflammatory Drugs IV*. Lancaster, The Netherlands: Kluwer Academic Publishers, 1997

[3] Scarpignato C, ed. *NSAID-Induced Gastroduodenal Damage: Prevention and Treatment*. Basel, Switzerland: S Karger AG (KARG), 1995.

[4] . Seager JM, Hawkey CJ. ABC of the upper gastrointestinal tract: indigestion and nonsteroidal anti-inflammatory drugs. *BMJ* 2001; 323:1236–9

[5] Lichtenstein DR, Wolfe MM. COX-2-selective NSAIDs: new and improved? *JAMA* 2000; 284:1298–1299

[6] Van Tulder MW, Scholten RJ, Koes BW, et al. Nonsteroidal antiinflammatory drugs for low back pain. *Cochrane Database Syst Rev* 2000;2: CD00039.6. 91. Vernon H, Mi

[7] Giles LGF, Muller R. Chronic spinal pain syndromes: a clinical pilot trial comparing acupuncture, a nonsteroidal antiinflammatory drug, and spinal manipulation. *J Manipulative Physiol Ther* 1999;22:376–81