

REAL E-STATE WHITE PAPER

Chiropractic 5x better than NSAID Pain Relievers

Doctor,

This white paper discusses the significance of the study published July 2003 in the **Journal of Spine** titled *“Chronic Spinal Pain: A Randomized Clinical Trial Comparing Medication, Acupuncture, and Spinal Manipulation.”*

This study proved Chiropractic to be five times better at alleviating pain than NSAID drugs and three times better than Acupuncture. The results of the study stand alone in proving the superiority of Chiropractic and pain, yet the findings in the research have shown more. There was a clear connection between those receiving chiropractic care and improved overall health status beyond pain relief compared to those receiving acupuncture and NSAIDs. **The highlights of the study are as follows:**



- The study was designed to assess the long-term benefits of medication, needle acupuncture, and spinal manipulation as exclusive and standardize treatment regimens in patients with chronic (greater than 13 weeks) spinal pain syndromes.
- 115 patients were originally randomized, 69 had exclusively been treated with the randomly allocated treatment during the nine-week treatment period.
- The patients were followed up and assessed again one year after inception into the study reapplying the same instruments: Oswestry back pain index, neck disability index, short form-36, and visual analog scales.
- Within nine weeks of treatment, 27.3% of the patients getting Chiropractic adjustments reported being asymptomatic compared with only 9.4% of the Acupuncture group and 5% of the group getting NSAIDs.
- Patients assigned to the group receiving Chiropractic care had experienced chronic pain for almost twice the amount of time as the subjects in the other two groups: the group receiving Chiropractic reported having chronic pain for 8.3 years, compared to only 4.5 years for the subjects receiving medication and 6.4 years for the patients receiving Acupuncture.
- None of the subjects receiving Chiropractic or Acupuncture reported suffering from any adverse events from the treatment, however, 6.1% of the subjects treated with NSAIDs reported suffering an adverse event.
- One of the most interesting statistics of the study recorded the percentages of people who reported an improvement of overall general health status beyond just pain relief. The percentage of patients experiencing better overall health were as follows:
 - 18% for the subjects treated with NSAIDs, 15% for the subjects treated with Acupuncture, and 47% for the subjects receiving Chiropractic adjustments.

In a world that is taught to quickly turn to medications for pain relief, it is important to note that more patients in this study (6.1%) experienced adverse events from the drugs than recovered from their spinal complaints (5%). **Chiropractic has always advocated more benefits than simple pain relief, and studies like this help to put the nails in that coffin of truth.** Chiropractors strive to educate the public on its benefits beyond just pain relief. This study, which largely focused on the effects of treatment on chronic spinal pain, also helped to prove that improvement of the nervous system translates into a body empowered to improve overall health.