

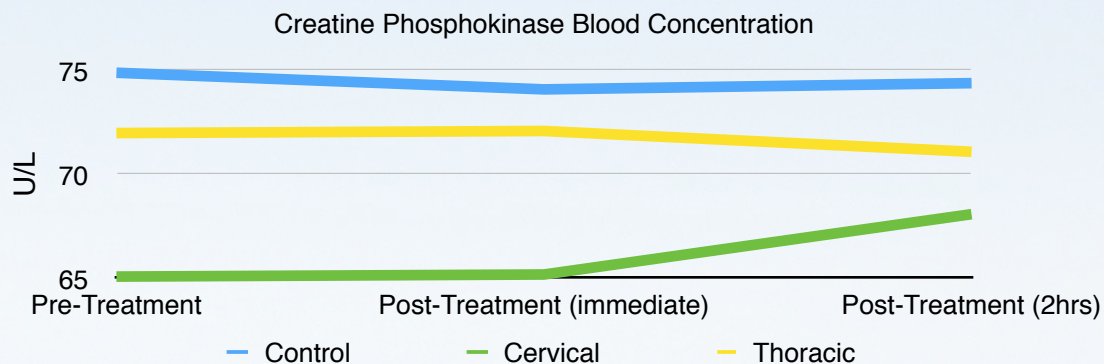


WHITE MOUNTAIN

Chiropractic & Rehabilitation

Tissue Damage Markers after a Spinal Manipulation in Healthy Subjects: A Preliminary Report of a Randomized Controlled Trial

Disease Markers, vol. 2014, Article ID 815379. doi:10.1155/2014/815379



Safety of the chiropractic spinal manipulation is of primary importance to both the treating chiropractor as well as the referring physician. Previous research has proven the chiropractic adjustment to be a safe and effective healthcare procedure with risk factors lower than the use of over the counter anti-inflammatories. This study examines specific tissue damage indicators before and after a chiropractic manipulation.

No significant changes were found in creatine phosphokinase, lactate dehydrogenase, c-reactive protein, troponin-I, myoglobin, neuron-specific annuals, or aldolase blood levels after treatment. This study does not negate the importance of physician decision making when choosing the proper technique based on evidence-based guidelines, patient history, diagnostics, and clinical presentation. However, this research further emphasizes the well-documented safety of chiropractic care.

"The aim of this preliminary study is to determine the possible noxious effects of spinal manipulation."

"Spine manipulation is a manual therapy technique commonly applied, which presents benefits for patients such as an anti-inflammatory effect, pain relief, and reduction of drug consumption."

"Our data show no changes in any of the studied damage markers."

"...lower cervical and thoracic manipulation techniques seem to be safe manual therapy techniques which cause no harm to the health of a subject."

We believe in creating a healthier community. We believe patients have better outcomes when physicians work together.
Let's build a healthier tomorrow.