



# WHITE MOUNTAIN

## Chiropractic & Rehabilitation

### Evidence-Based Guidelines for the Chiropractic Treatment of Adults with Neck Pain

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<b>Strong Recommendation</b>	<b>Moderate Recommendation</b>	<b>Weak Recommendation</b>	<b>No Recommendation</b>
Manipulation + (chronic)	Manipulation + (acute)	Exercise (acute)	TENS (chronic)
Manual Therapy + (chronic)	Mobilization + (acute/chronic)		Laser (chronic)
Exercise + (chronic)	Massage + (chronic)		Traction (chronic)
Stretching (chronic)			Trigger Point Therapy (acute)

This WFC 2013 Award Winning Paper examined forty-one randomized controlled trials from 2004- present. Evidence-based recommendations for the treatment of mechanical neck pain were developed from their research.

Neck pain, acute or chronic, is one of the primary reasons patients visit chiropractic offices. The implementation of evidence-based care guidelines is imperative to efficiently and safely deliver care to these patients.

In practice- clinical signs, diagnostic results, and case history will also play an important role in developing the best care plan for each individual. Guidelines such as these provide a framework to assist in clinical decision making. Perhaps most importantly, this research further emphasizes that interventions commonly used in chiropractic care can provide significant benefit for patients with acute or chronic mechanical neck pain.

*“Twenty-seven percent of patients seeking chiropractic treatment report neck or cervical problems. Thus, treatment of neck pain is an integral part of chiropractic practice.”*

*“Only RCT’s were selected as the evidence base for these guidelines consistent with current standards for interpreting clinical findings”*

*“There were no serious adverse events reported in any of the citations...”*

*“Strong recommendations were made for the treatment of chronic neck pain with manipulation, manual therapy, and exercise in combination with other modalities.”*

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