

## **Study finds neck adjustments safe**

**Question:** I have heard from some friends that chiropractic adjustments to the neck are safe and painless and from other friends that it will hurt you. Are neck adjustments safe?

**Answer:** Residual propaganda fallout from a 20-year-old law suit won against the medical profession proving their attempt to defame and illegitimize my profession, chiropractic still has misled the public to have false belief that chiropractic is dangerous. Chiropractic is safe and beneficial and has been proven so millions of times over with hundreds of thousands of people receiving adjustments every day across the globe.

Two most recent studies found that all potential benefits of chiropractic adjustments outweigh the potential risks. The *Journal of Manipulative Therapy*, July 2007, published an article that studied whether the risk factor for neck adjustments was worthy of pre-consent to patients for potential injury.

The conclusion of the 5-month, 500-chiropractor study stated, "Practitioners felt that a serious, adverse event occurred so infrequently that this, coupled with a lack of convincing evidence regarding risk associated with certain treatment, rendered the routine discussion of major risk unnecessary."

The 2<sup>nd</sup> recent research article studied the percentage of patients who had injury complaints or pain complaints following adjustments and tracked their long-term outcome.

This article also published on the same month in the *Journal of Manipulative Therapy* concluded that, "The adverse events may be common, but

are rarely severe in intensity. Most patients report recovery, particularly in the long term. Therefore, the benefits of chiropractic care for neck pain seem to outweigh the potential risks.”

These two recently published research papers solidify the fact that chiropractic is safe and effective. Do not be misled by bias medically influenced and tainted rumors and lies. Chiropractic remains the largest safest alternative natural healing art and profession in the world. In a perfect world chiropractic will become the mainstream primary provider of health care and medicine and surgery alternatives. Ask yourself whether drugs and surgery are safe and you will find there is little to no evidence to support it. Chiropractic first, drugs second and surgery last.

**Quote of the week:** *“Love is everything. It is the key to life, and its influences are those that move the world.”* – Ralph Waldo Trine