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STUDY DEMONSTRATES THAT STROKES ARE NOT BROUGHT ON BY CHIROPRACTIC

The Chiropractic profession recently received some very good news from an extensive 7-year study that focused on the neck region and on neck pain. The news had to do with study findings regarding Chiropractic adjustments and stroke. This comprehensive study determined that people who visit chiropractors for a neck adjustment are no more likely to suffer a stroke than when treated by members of any other medical profession.

This long-term study was mainly conducted to find the very best information and techniques available to help patients who suffer neck pain. The aim was also to provide healthcare professionals with the very best research evidence to help diagnose, treat, manage and prevent neck pain. The research was conducted by the Bone and Joint Decade 2000-2010 Task Force on Neck Pain and Its Associated Disorders with results published in the journal *Spine*. A multi-national and inter-disciplinary study team included Canadian, American, South American, Australasian and European researchers.

As part of its research initiative, the team launched a study into the association between Chiropractic care of the neck and stroke. This was a particularly important piece of research as chiropractors in several states have come under attack from groups who are running media and Internet campaigns suggesting that Chiropractic is dangerous and that adjustments can cause strokes.

The innovative piece of research that was recently concluded found that patients who visit a chiropractor are no more likely to experience a stroke than are patients who visit their family physician. The type of stroke in question generally begins with a headache or with neck pain. This causes the patient to seek care from a chiropractor or a family physician to obtain relief. Generally, this office visit occurs before a stroke fully develops.

“This type of stroke is extremely rare and has been known to occur spontaneously or after ordinary neck movements such as looking up at the sky or over the shoulder when backing a car,” said the lead author of the study Dr. David Cassidy, professor of epidemiology at the University of Toronto and senior scientist at the University of Health Network at Toronto Western Hospital.

This study provides excellent news and ammunition for chiropractors and Chiropractic organizations who have become the target of attacks from special interest groups who are suggesting that Chiropractic is dangerous and that Chiropractic adjustments cause strokes. According to this landmark study, this is just not true, and chiropractors and Chiropractic patients can use the information from this research to learn about and to demonstrate the safety of Chiropractic adjustments.