

ORAL PRESENTATION

Open Access

OA14.04. A randomized controlled trial of spinal manipulation, medication or home exercise for acute and subacute neck pain

G Bronfort^{1*}, R Evans¹, A Anderson², K Svendsen¹, Y Bracha³, R Grimm⁴

From International Research Congress on Integrative Medicine and Health 2012
Portland, Oregon, USA. 15-18 May 2012

Purpose

Mechanical neck pain is a common condition that affects almost three quarters of individuals at some point in their lives. Little research exists to guide the choice of therapy for acute and subacute neck pain. The purpose of this presentation is to present the results of a randomized clinical trial assessing the relative efficacy of spinal manipulation therapy (SMT), medication, and home exercise with advice (HEA) for acute and subacute neck pain.

Methods

A total of 272 persons aged 18 to 65 years with a main complaint of nonspecific neck pain, 2 to 12 weeks duration were randomly assigned to 12 weeks of SMT, medication, or HEA. The primary outcome was participant-rated pain, measured at 2, 4, 8, 12, 26, and 52 weeks after randomization. Secondary measures were self-reported disability, global improvement, medication use, satisfaction, general health status and adverse events.

Results

The SMT group had significantly less pain than the medication group after 8, 12, 26, and 52 weeks; HEA was superior to medication at 26 weeks. There were no differences in pain between SMT and HEA at any point. Results for most of the secondary outcomes were similar to those of the primary outcome.

Conclusion

For individuals with acute and subacute neck pain, SMT was more effective than medication in both the short

and long term. However, a few instructional sessions of HEA resulted in similar outcomes at most time points. (ClinicalTrials.gov registration number: NCT00029770)

Author details

¹Northwestern Health Sciences University, Bloomington, USA. ²Medical Pain Management, St. Louis Park, USA. ³Cincinnati Children's Hospital, Cincinnati, USA. ⁴Berman Center for Outcomes and Clinical Research, Minneapolis, USA.

Published: 12 June 2012

doi:10.1186/1472-6882-12-S1-O56

Cite this article as: Bronfort et al.: OA14.04. A randomized controlled trial of spinal manipulation, medication or home exercise for acute and subacute neck pain. *BMC Complementary and Alternative Medicine* 2012 12 (Suppl 1):O56.

Submit your next manuscript to BioMed Central and take full advantage of:

- Convenient online submission
- Thorough peer review
- No space constraints or color figure charges
- Immediate publication on acceptance
- Inclusion in PubMed, CAS, Scopus and Google Scholar
- Research which is freely available for redistribution

Submit your manuscript at
www.biomedcentral.com/submit



¹Northwestern Health Sciences University, Bloomington, USA
Full list of author information is available at the end of the article