



Injury Briefing

A review of the latest studies from Dr. Michael D. Berry.

Chiropractic best choice for neck pain

Neck pain often creeps up on patients after an auto accident, even if they walked away "feeling fine." It's only the next day or even the next week that they wake up with a sore neck or a pounding headache. If whiplash isn't treated early and quickly, those patients can put themselves at risk for prolonged recovery or additional symptoms from referred pain.

Fortunately there's a solution that typically allows patients to heal without needing to call in sick or swallow buckets of pain meds. Chiropractic care is a proven way to relieve whiplash in up to 93 percent of patients.

In fact, a 2012 study published in the prestigious journal the *Annals of Internal Medicine*, suggests patients may be better off seeing a chiropractor than they are stopping at a pharmacy for more medications.

In the study, researchers divided 272 patients into three treatment groups: those that saw a chiropractor, those treated with medication and those treated with exercise-based therapies and advice from a health practitioner.

After 12 weeks, chiropractic and exercise patients saw the biggest gains in pain reduction. Compared to medicated patients, both exercise and chiropractic patients had more than doubled the likelihood of experiencing complete relief. For chiropractic patients, that relief lasted for at least a year, demonstrating the sustained benefits of chiropractic care.

Rather than mask the symptoms, chiropractic gets at the root of whiplash injury and neck pain to provide lasting relief.

Reference

Bronfort, Gert, et al. Spinal Manipulation, Medication, or Home Exercise With Advice for Acute and Subacute Neck Pain: A Randomized Trial. Annals of Internal Medicine 2012; 156 (1): 1-10.

Gallup Poll suggests more Americans are turning to chiropractic

A new national survey suggests more adults are catching on to the benefits of chiropractic care. The Gallup poll, commissioned by Palmer College of Chiropractic, found that half of adults have been to a chiropractor — a big jump from earlier estimates.

The survey included 5,442 people over the age of 18 years who were interviewed on the internet or by

