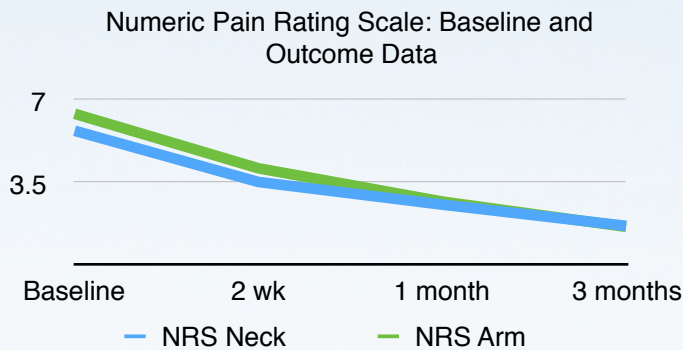




Outcomes from Magnetic Resonance Imaging-Confirmed Symptomatic Cervical Disk Herniation Patients Treated with High-Velocity, Low-Amplitude Spinal Manipulative Therapy

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“...the large reductions in NRS neck and arm pain scores as well as the NDI scores at 3 months of approximately between 66% and 75% far exceed the threshold of 30% to 35% pain reduction considered clinically relevant.”

Symptomatic cervical disc herniations typically cause severe pain and disability. Many primary care physicians rely on medications as a first line treatment to relieve the inflammation and pain. New research, such as this study from JMPT, indicates that spinal manipulative therapy as performed by a chiropractor, can have a significant benefit for those patients suffering from cervical nerve root compression.

This study was one of the first to look at MRI confirmed disc herniations and investigate the outcomes associated when spinal manipulation is used as the primary treatment. At 3 months, over 85% of the acute patients and 76% of the subacute/chronic patients had statistically significant improvement in their pain and disability after having SMT. Also, no patients report any adverse events with treatment.

Feel free to reach out to our office for any additional information on how we have helped patients find relief from cervical radiculopathy.

“By 2 weeks after the first treatment, 55.3% of all patients reported that they were significantly improved, and none reported being worse.”

“...at 3 months after the first treatment, 76.2% of the subacute/chronic patients reported clinically relevant improvement with no patients reporting that they were worse.”

“Patients with symptomatic MRI-confirmed cervical disk herniations treated with SMT to the level of herniation reported high levels of clinically relevant improvement at 2 weeks, 1 month, and 3 months after the first treatment.”

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

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