

CHIROPRACTIC

We are currently reviewing our page on Chiropractic.

In the meantime we provide the following from the web pages of the British Chiropractic Association and the General Chiropractic Council as well as a reference to the recent guidelines published by the NHS National Institute for Clinical Excellence.

BRITISH CHIROPRACTIC ASSOCIATION

What is Chiropractic?

Chiropractic is a primary health-care profession, so you do not need to be referred by your doctor. A chiropractor is trained to diagnose your problem and will refer you to another health-care practitioner if necessary.

Chiropractors treat problems with joints, bones and muscles, and the effects they have on the nervous system. Working on all the joints of the body, concentrating particularly on the spine, they use their hands to make often gentle, specific adjustments (the chiropractic word for manipulation) to improve the efficiency of the nervous system and release the body's natural healing ability.

Chiropractic does not involve the use of any drugs or surgery.

The effectiveness of chiropractic treatment is supported by research as well as by various UK government and medical organisations. Chiropractic may be available to patients under the umbrella of the NHS, but this will depend on the situation within a specific NHS Primary Care Trust. Otherwise patients see chiropractors in a private capacity either through self referral or as a result of a referral from their GP, other doctor or health professional. BCA chiropractors also treat people who are seeking treatment through private health insurers.

GENERAL CHIROPRACTIC COUNCIL

What is Chiropractic?

Chiropractors provide care for patients of all ages, who present with a range of acute and chronic conditions. As well as advice about self-help, exercise, diet and lifestyle, chiropractors often provide support for pain management, sports injuries and active rehabilitation. Our Patient Information Leaflet gives you an idea of what you can expect when you see a Chiropractor. The leaflet can be accessed on www.gcc-uk.org/files/page_file/WhatCanIExpect_1.pdf

Chiropractic is a fast-growing independent health care profession in the United Kingdom and it is regulated by the General Chiropractic Council (GCC).

Chiropractic is concerned with the diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system and the effects of these disorders on the function of the nervous system and general health. There is an emphasis on manual treatments including spinal manipulation or adjustment (World Federation of Chiropractic, 1999).

Chiropractors take an integrated and holistic approach to the health needs of their patients, considering physical, psychological and social factors. They provide care and support by reducing pain and disability and by restoring normal function to people with neuro-musculoskeletal disorders.

A Medical Research Council clinical trial and its follow-up, reported in the British Medical Journal in 1990 and 1995, found that chiropractic treatment of back pain was more effective than hospital outpatient treatment.

The European Commission Acute Low Back Pain Guidelines includes manipulation as an effective treatment for low back pain.

www.backpaineurope.org/

The Department of Health has published A Musculoskeletal Services Framework for England. It summarises the current state of musculoskeletal services and makes recommendations for offering more care closer to home, with improved ways to access diagnostic tests. The document is aimed at helping local health communities deliver the maximum wait of 18 weeks by improving orthopaedic services.

The Musculoskeletal Services Framework focuses on the prompt delivery of effective front-line services. To lessen the burden on GPs, it is planned that NHS patients' needs could be assessed by chiropractors, osteopaths or physiotherapists, without a GP referral.

www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4138413

NICE GUIDELINES

In May 2009 the National Institute for Clinical Excellence published their recommendations for the treatment and management of persistent or recurrent low back pain, defined as non-specific low back pain that has lasted for more than 6 weeks, but for less than 12 months.

www.nice.org.uk/nicemedia/pdf/CG88NICEGuideline.pdf

On Page 11 of the Guidelines Doctors are invited to consider offering a course of manual therapy, including spinal manipulation, comprising up to

a maximum of nine sessions over a period of up to 12 weeks.
Chiropractors are named as providers of spinal manipulation.