References:

**Title**: Adverse effects of spinal manipulation: a systematic review

**Author(s)**: Ernst E

**Citation**: Journal of the Royal Society of Medicine. 2007, 100;06-0100

**Title**: Spinal manipulative therapy for chronic low back pain

**Author(s)**: Rubinstein SM, van Middelkoop M, Assendelft WJ, de Boer MR, van Tulder MW

**Citation**: Cochrane database of Systemic Reviews, 01 February 2011, vol./is./2;(0-)

**Source**: CINAHL

Comments, compliments or complaints

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Spinal Manipulation
Information for patients
What is Spinal Manipulation?

Spinal manipulation is a therapeutic procedure applied by the physiotherapist to the patient's spine to help restore normal movement and relieve pain.

It is a small movement applied quickly and may be associated with an audible and harmless click.

An audible click is due to a change in pressure with the joint of the spine, however, the absence of a click does not mean failure of the technique.

What are the benefits?

- Reduce pain
- Increase range of motion
- Improve posture & postural awareness
- Helps aid recovery from episodes of back/neck pain

Is it recommended?

Spinal manipulation is recommended by the National Institute for Clinical Excellence (NICE) for back pain.

Are there any risks?

Prior to manipulation the physiotherapist will have evaluated any risks by a thorough assessment. Manipulation is not recommended if you have any of the following conditions:

- Cancer
- Osteoporosis
- History of steroid use
- Unhealed fractures
- Rheumatoid Arthritis
- Infection in the joints
- Circulation problems such as angina, peripheral vascular disease, strokes
- Severe diabetes
- High blood pressure
- Problems with blood clotting or on anti-coagulation treatment, such as Warfarin
- Hypermobility syndrome
- Neurological arm or leg symptoms, such as tingling or weakness
- Spinal stenosis
- An acute slipped disc
- Difficulty passing water

Manipulation is also not advised if you are:

- Under 16 years old
- Pregnant
- Extremely overweight
- A heavy smoker

Common Side Effects

- You may feel sore for up to 72 hours post treatment

Other Side Effects

- It is extremely unlikely, however, manipulation could lead to rib fracture or a slipped disc
- Also, you may experience fatigue, nausea or dizziness
- Physiotherapists within this trust do not offer upper neck manipulation, which in extremely rare situations have been linked to injury to the artery in the neck