

## 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

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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 16years 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