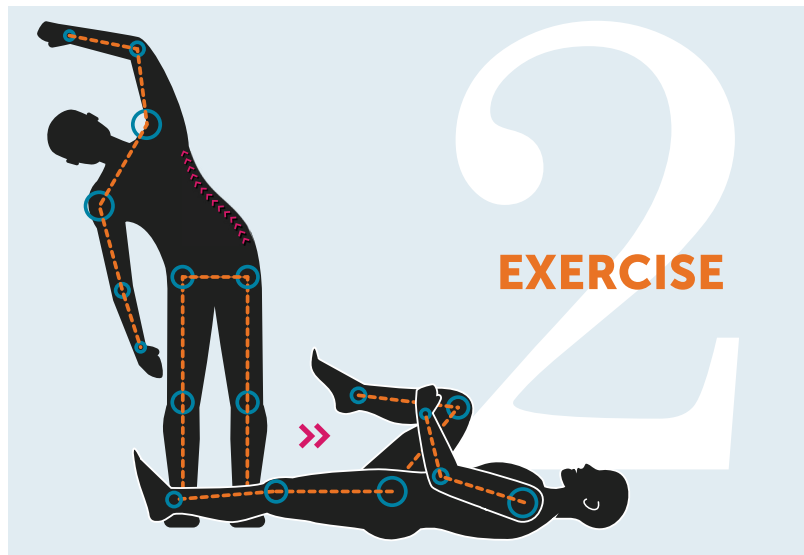
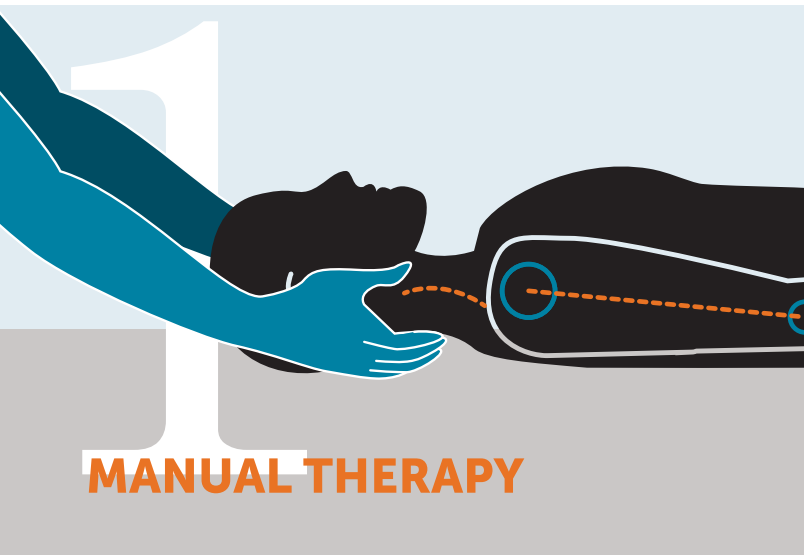


Suffering from back pain or neck pain?

Chiropractors offer a variety of treatment options. First they evaluate your condition, then - based on the latest research, your preferences and their clinical expertise - they work with you to establish your treatment plan.

THE MOST RECENT SCIENTIFIC EVIDENCE RECOMMENDS A COMBINATION OF THE FOLLOWING TREATMENTS:



Suggestions regarding your care will also depend on your personal condition and how long you have been having back pain or neck pain (*recent onset/acute*— less than 3 months, or *persistent/chronic* — more than 3 months).*

*Bussi eres et al. (2016) Treatment of Whiplash and Neck Pain Associated Disorders: Clinical Practice Guideline from the Canadian Chiropractic Guideline Initiative (CCGI) JMPT 2016;39(8):523-604.

Bussi eres et al. (in press) Spinal manipulative therapy and other conservative treatments for low back pain: a guideline from the Canadian Chiropractic Guideline Initiative.

Created by CCGI for patients

VISIT US AT:

www.chiroguidelines.org



Canadian Chiropractic
Guideline Initiative

ADVANCING EXCELLENCE IN CHIROPRACTIC CARE

1 MANUAL THERAPY

Manual therapy is a form of hands-on therapy. You may be offered Spinal Manipulation Therapy, (sometimes called an 'adjustment') or massage. Spinal Manipulation Therapy is a procedure where your chiropractor uses their hands or an instrument to apply a controlled force to a spinal joint. Manual therapy can help increase joint movement, and decrease muscle tightness, helping you reduce your pain and move more freely.

2 EXERCISE

Exercise and physical activity may help relieve pain, rehabilitate an injury or prevent re-injury. Your chiropractor may prescribe specific exercises to help you gain strength, flexibility, or correct poor posture. The CCGI has created a series of exercise videos for patients with neck pain and low back pain, based on the latest scientific evidence.

3 ADVICE & EDUCATION

Understanding what to expect from an episode of neck pain, whiplash or low back pain and the different strategies that can help manage the problem and prevent re-injury is important. Your chiropractor can help you understand what's going on in your body and provide you with educational material based on the latest scientific evidence.

4 SELF-MANAGEMENT

Both you and your chiropractor want to see your condition improve. Your chiropractor will help you make a plan for managing your pain in between chiropractic visits, giving you greater control over your life and body. This will help you manage your own health. Self-management can include things like staying physically active, taking care of your diet, or doing your home exercises.

- Ask your chiropractor for more information about your condition, and about which treatments are best for you.
- Ask them which exercises you can do to help you feel better, and talk to them about making a self-management plan that is right for you.

The Canadian Chiropractic Guideline Initiative (CCGI) provides chiropractors with the latest scientific evidence so they can provide you with the best options for your care.

Find out more about the evidence-informed resources created by CCGI for patients and clinicians by visiting our website.