

Chiropractic Best for Neck Pain

ABC News

A new study published in the *Annals of Internal Medicine* found patients who relied on chiropractic or exercise to address neck pain were more than twice as likely to enjoy pain relief than those who used medicine. Funded by the National Institutes of Health, the study tracked 272 patients with recent on-set neck pain. These patients were treated during a 12-week period by three different methods:

- Medication
- Exercise
- Chiropractic Exercise

Patients who received chiropractic care experienced the highest success rate, 32 percent, followed by exercise, 30 percent. The study listed medication as the least successful neck-pain remedy with only 13 percent of patients reporting pain relief. Dr. Lee Green, professor of family medicine at the University of Michigan, told *ABC News* the finding “doesn’t surprise me a bit.” Dr. Green added, “Neck pain is a mechanical problem, and it makes sense that mechanical treatment works better than a chemical one.”