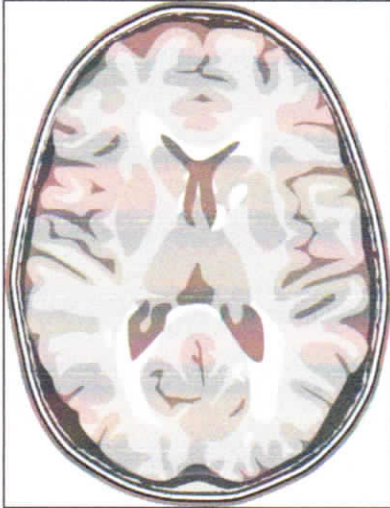


Interprofessional Spine Care Report

Chiropractic Migraine Management

Safety of Chiropractic Care

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With research relating to the diagnosis and management of mechanical spine pain evolving at a rapid rate and including a “Whole Spine Perspective”, it is important to include headache in the discussion. A recent paper by Chaibi et al [2017] titled **Adverse events in a chiropractic spinal manipulative therapy single-blinded, placebo, randomized controlled trial for migraineurs**, was the first article to address Adverse Events [AE] related to the application of the chiropractic adjustment in the management of migraine.

The authors stated, “Migraines represent a common worldwide challenge that present substantial health and socioeconomic costs, and pharmacological management is often the first treatment choice. However, certain patients exhibit low tolerance to migraine medication because of co-morbidities of other diseases, adverse events (AEs), or choose to avoid medication altogether.” [pg 66] The continued by reporting, “Manual-therapy is a non-pharmacological prophylactic treatment option that appears to have a similar effect as the drug topiramate on migraine frequency, migraine duration, migraine intensity and

medicine consumption.” [pg 66]

The authors outlined, “This paper presents the first report of a prospective 3-armed, single-blinded, placebo RCT reporting AEs for migraineurs receiving CSMT or sham manipulation (placebo) over an intervention period of three months. The AEs were reported as mild and transient, and no severe or serious AEs were reported. [pg 67] Finally, the authors stated, “...we observed fewer AEs in our study than what is reported using prophylactic migraine medication such as topiramate, metoprolol or candesartan.” [pg 71]

In conclusion, along with proper patient selection and Interprofessional management, research is showing chiropractic care should be part of the management of migraine headache both from a efficacy and a safety standpoint. In a properly selected patient population, considering chiropractic as part of the team approach is justified based on the most recent literature.

Reference:

1. Chaibi, A., Benth, J. Š., Tuchin, P. J., & Russell, M. B. (2017). Adverse events in a chiropractic spinal manipulative therapy single-blinded, placebo, randomized controlled trial for migraineurs. *Musculoskeletal Science and Practice*, 29, 66-71.