



GCC STATEMENT

**For immediate use
9 November 2007**

Re: *Assessment of diclofenac or spinal manipulative therapy, or both, in addition to recommended first-line treatment for acute low back pain: a randomised controlled trial* Hancock, MJ et al; *Lancet*: 370: 1638-43

The GCC's Chairman, Peter Dixon, said today:

"The GCC is appalled by a number of reports in today's press that 'chiropractic is a waste of time and money'. This wildly inaccurate assertion is based on a small research study looking at acute low back pain only and involving GPs and physiotherapists. The purpose of the study was not to measure the effectiveness of chiropractors".

"The press reports defy logic because neither the research study, nor the Lancet's press release, mentioned chiropractic or concluded that 'chiropractic was a waste of time and money'. It is sad to see a piece of research misrepresented in this way".

"In stark contrast to today's press coverage, the Department of Health's 2006 Musculoskeletal Services Framework recognises that interventions by chiropractors in the management of musculoskeletal disorders within Musculoskeletal Clinics are effective in terms of outcome and cost".

"Chiropractors provide an evidence-based approach based on European-wide guidelines compiled by multidisciplinary teams of experts who reviewed all relevant research".

"The main treatments of chiropractic have consistently been shown in reviews to be more effective than the treatments to which they have been compared. Chiropractic intervention is safe, effective and cost-effective in reducing referral to secondary care".

-Ends-

Notes to editors

Chiropractic is a health profession that specialises in the diagnosis, management, treatment and prevention of musculoskeletal disorders.

Chiropractors are regulated by the General Chiropractic Council (GCC). To register, chiropractors are required to have completed an honours degree or undergraduate masters. Pre-registration training includes differential diagnosis/triage. There are approximately 2,400 chiropractors practising in the UK. It is a criminal offence for anyone to describe themselves as a chiropractor unless GCC registered.

Chiropractors mainly treat

- Back, neck and shoulder problems
- Joint, posture and muscle problems
- Leg pain and sciatica
- Sports injuries

The main aims of treatment are

- Alleviation of distress and control of pain
- Restoration of normal functioning and activity.

The main treatment interventions, as recommended by the current evidence reviews and clinical guidelines, is a bio-psychosocial approach

- Guidance on activity, lifestyle, prognosis and prevention
- Physical treatments drawn from all types of manual therapy, spinal manipulation and rehabilitation exercise
- Advice about pain control, including non-prescription medication
- Psychosocial interventions aimed at resolving cognitive barriers to recovery

Further available information:

The following documents *can be downloaded from our web-site www.gcc-uk.org or obtained on request from the GCC*

- **Standards of practice and conduct:** the GCC's *Standard of Proficiency and Code of Practice* (December 2005)
- **Information for patients:** *What can I expect when I see a chiropractor?*

A searchable list of chiropractors is available on www.gcc-uk.org

Further questions: if you have any questions please contact Margaret Coats, GCC Chief Executive and Registrar or Philippa Barton-Hanson, Executive Officer (Communications) on telephone: 020 7713 5155 fax: 020 7713 5844 or e-mail: m.coats@gcc-uk.org or p.barton-hanson@gcc-uk.org .