

Comparative Risks of Living

There are some minor risks involved with undertaking Chiropractic care. As verified by numerous scientific studies, the most common side-effects one may experience as a result of a chiropractic adjustment are as follows:

Serious Adverse Effects & Complications (Unavoidable and expected)

None reported

Mild Side Effects (Unavoidable, common and expected, of less than 24 hours duration)

Local discomfort and muscle stiffness, Headache, Fatigue, Radiating discomfort

Rare Side Effects (Unavoidable, uncommon but possible, of less than 24 hours duration)

Dizziness, Numbness/Tingling, Nausea, Hot skin

(from JMPT (1996); 19(7):441-5, ScanJPrimHealthCare (1996); 14(1):50-3, JMPT (1997); 20(8):511-5, SPINE (1997); 22(4):435-440, JRSocMed (2000); 93(5):258-9, JMPT (2004); 27:16-25, ManTher (2004); 9(3):151-6, Spine (2007) 32(21):2375-2378)

There has been a suggested association of more serious injury such as disc herniation and stroke following chiropractic care. There is no current valid scientific evidence indicating ANY serious complications arising as a direct result of a chiropractic adjustment. The estimated rate of occurrence of a stroke following a chiropractic adjustment has been reported to be equal to or less than random chance and the following list shows just how rare that is. For your consideration, we present the following information:

Your chance of...

Being in a Car Accident - 409,574/million
Developing some form of Cancer - 300,000/million
Death from a Car Accident - 100,000/million
Serious Complications from Prescription Drugs - 67,000/million
Serious Complications from Cervical Spine Surgery - 15,600/million
Injury from a Bicycle Accident – 6,973/million
Death from Cervical Spine Surgery – 6,900/million
Death from Erroneous Medical Intervention - 5,000/million
Death from Prescription Drugs - 3,200/million
Death from Drowning in a Bathtub – 3,038/million
Death from Smoking Cigarettes - 1,667/million
Having a Stroke - 1,498/million
Serious Complications from Anti-inflammatory Drugs - 1,000/million
Death from Stroke - 956/million
Being Hit By Lightning - 442/million
Death from Anti-inflammatory Drugs - 200/million
Death from Electrocutation - 200/million
Being in an Airplane Crash - 200/million
Death from an Airplane Crash - 50/million
Death from a Tornado - 17/million
Death from Bicycle Accident - 12/million
Death from a Shark Attack - 9/million
Injury following Cervical Manipulation - 3/million
Stroke following Cervical Manipulation - 1/million
Death from Impact of a Comet - 0.7/million
Death following Cervical Manipulation - 0.3/million

(from Canadian Chiropractic Research Bulletin (Update #2), 1996 RAND Report, 1999 Ontario Heart & Stroke Foundation Report, *Atoms to Infinity* (2003), WHO World Health Report (2004), CDC Report (2003), Candian Heart & Stroke Foundation website)