

# Spinal manipulation

Spinal [manipulation](#) refers to a therapeutic intervention that involves the application of force to the spine, often by a healthcare professional such as a chiropractor, osteopath, or physical therapist. The goal of spinal manipulation is to improve spinal function, alleviate pain, and enhance overall health. It is commonly used in the treatment of musculoskeletal conditions, particularly those affecting the spine.

Key points about spinal manipulation:

**Techniques:** Spinal manipulation techniques vary, but they often involve the application of controlled force to joints in the spine, to restore or enhance joint function. Common techniques include high-velocity, low-amplitude thrusts, which may result in an audible “pop” or “crack” sound.

**Conditions Treated:** Spinal manipulation is frequently used to address conditions such as low back pain, neck pain, headaches, and certain joint-related issues. It is often employed by chiropractors, osteopaths, and some physical therapists.

**Chiropractic Care:** Chiropractors are healthcare professionals who specialize in spinal manipulation. They use adjustments to correct misalignments or dysfunction in the spine, which they believe can affect the nervous system and overall health.

**Osteopathic Manipulative Treatment (OMT):** Osteopaths are healthcare practitioners who may also use manipulative techniques as part of their holistic approach to healthcare. Osteopathic manipulative treatment (OMT) may involve techniques similar to those used in chiropractic care.

**Safety Considerations:** Spinal manipulation is generally considered safe when performed by trained and qualified practitioners. However, as with any medical intervention, there are potential risks, including rare instances of injury. Individuals need to communicate openly with their healthcare provider about their medical history and any concerns.

**Evidence and Research:** The effectiveness of spinal manipulation for various conditions is a subject of ongoing research. While some studies suggest benefits for certain conditions, the evidence is not uniform, and more research is needed to fully understand its efficacy and mechanisms.

**Patient Selection:** Spinal manipulation may not be suitable for everyone. Healthcare providers carefully assess individual cases to determine if the intervention is appropriate, considering factors such as the nature of the condition, the patient's health status, and any contraindications.

Before undergoing spinal manipulation or any form of complementary or alternative therapy, individuals are encouraged to consult with their healthcare provider. Open communication and collaboration between patients and healthcare professionals are essential for ensuring that the chosen interventions align with the individual's overall healthcare plan and goals.

## Cervical Spinal Manipulation

[Cervical Spinal Manipulation](#)

From:

<https://neurosurgerywiki.com/wiki/> - **Neurosurgery Wiki**

Permanent link:

[https://neurosurgerywiki.com/wiki/doku.php?id=spinal\\_manipulation](https://neurosurgerywiki.com/wiki/doku.php?id=spinal_manipulation)

Last update: **2025/04/29 20:25**

