

A new systematic review comparing surgery versus conservative care for neck pain with or without:

A new systematic review comparing surgery versus conservative care for neck pain with or without radiculopathy or myelopathy reveals no overall differences in clinical outcomes. This review also pointed out that most studies in the medical literature comparing surgical vs. conservative care had a high risk of bias. The authors conclude after reviewing three randomized controlled trials and six controlled clinical trials, the benefit of surgery over conservative care is not clearly demonstrated.

M van Middlekoop, et al. Surgery versus conservative care for neck pain: A systematic review. Eur Spine J. Jan; 22(1):87-95, 2013