

Conservative Care vs. Surgical Techniques for Neck Pain With or Without Radiculopathy or Myelopathy: No Good Evidence That Surgery Results in Better Overall Outcomes

The authors of this study utilized a research paper search strategy outlined by the “Cochrane Back Review Group” and specifically reviewed randomized controlled trials and controlled clinical trials. The authors found that overall there is a very low quality of evidence supporting the effectiveness of the various surgical techniques for neck pain with and without radiculopathy. Part of our work here in Oregon by the Health Evidence Review Commission (HERC) and its subcommittee on guidelines and coverage guidance is to eliminate paying for high cost ineffective medical procedures. Here again we see where conservative chiropractic treatment of neck pain with and without radiculopathy will shine in Oregon’s coming universal health care system.

Surgery versus conservative care for neck pain: a systematic review. Van Middelkoop M., Eur Spine J. 22(1):87-95, 2013