

## Spinal decompression

A 2014 evidence-based guideline stated, “Transcutaneous nerve stimulation, thoracic manipulation, laser, and traction could not be recommended for the treatment of chronic neck pain.”<sup>1</sup>

A 2006 systematic review indicated that the evidence was insufficient to prove the efficacy of motorized spinal decompression for chronic discogenic low back pain.<sup>2</sup> A 2007 review stated, “only limited evidence is available to warrant the routine use of non-surgical spinal decompression, particularly when many other well investigated, less expensive alternatives are available.”<sup>3</sup>

### References

1. Bryans R, Decina P, Descarreaux M, et al. [Evidence-based guidelines for the chiropractic treatment of adults with neck pain](#). *J Manipulative Physiol Ther*. 2014 Jan;37(1):42-63.
2. Macario A, Pergolizzi JV. [Systematic literature review of spinal decompression via motorized traction for chronic discogenic low back pain](#). *Pain Pract*. 2006 Sep;6(3):171-8.
3. Daniel DM. [Non-surgical spinal decompression therapy: does the scientific literature support efficacy claims made in the advertising media?](#) *Chiropr Osteopat*. 2007;15:7. **FREE FULL TEXT**