Increased Incidence of Back
Or Neck Pain Since Attending
Chiropractic School

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Abstract

**Background:** The role of over adjusting and adjusting setups with an increase of back or neck pain since starting chiropractic school. Although certain other factors could be contributed these were excluded from the study.

**Objectives:** To establish if over adjusting and adjusting set-ups in chiropractic college cause an increase in low back or neck pain.

**Data Sources:** We could not find any original research papers on this specific topic on MEDLINE, or from any other available source.

**Data Synthesis:** A systematic study was made to uncover any evidence for a casual relationship between over adjusting and adjusting setups in chiropractic schools with increased back and neck pain.

**Results:** Our study showed a positive link between over adjusting and adjusting set-ups with increased back and neck pain.

**Conclusion:** There is a definite increase in back and neck pain in chiropractic colleges, caused by over adjusting and adjusting set-ups.

**Key Indexing Terms:** Over adjusting, Adjusting setups, Increased back and neck pain
INTRODUCTION

The question of whether over adjusting and adjusting set-ups in chiropractic college could cause an increase in back and neck pain is of great interest, in particular if these factors are amendable to change. Less adjusting in class, for example, can be altered through more video examples or set-ups on adjusting dummies. If a correlation could be made maybe chiropractic colleges could in force some changes to their curriculum.

Unfortunately, although it is a chiropractic school the overall health of the student doctor is sometimes placed second to the promotion of learning.

The occurrence of back pain does not appear to have decreased on a population basis, at least by an observational point of view. It would therefore be important to study other possible causes of back pain. If other such factors appear to be involved in an increase in back pain, then additional prevention should be made.

In these study factors such as onset and type of pain is of particular interest. If it can be shown that there is a connection between over adjusting and adjusting set-ups with increased back or neck pain, then we hope something can be done to correct this.

METHOD

The subjects of the study were the Logan College of Chiropractic student body in trimesters one through nine. To obtain the necessary data for this study we constructed a sixteen-question survey with multiple choice answers. Two representatives of this study went to each individual class and gave a brief explanation of our questionnaire, and passed the questionnaire to them. The test population was given ten minutes to fill out the questionnaire.
The questionnaire was based on sixteen questions. There were general questions, which were designed to tell us what trimester the student was in currently, their sex, and age group. Then we asked for their history prior to enrolling at Logan. They were asked if they were on any kind of medications for back or neck pain whether previously or currently, if they had seen a physician for back or neck pain previously, and/or had surgery for back or neck pain. If they had ever had an injury or illness, which would cause back or neck pains. If student was a female and whether they had a previous pregnancy. We used the answers from these questions to decide whether or not their presentation of symptoms could be used for our results. If the patient answered yes to any of the above questions they were excluded from our results, due to belief of a chronic problem elicited by other causes.

We also asked how many years of undergraduate study they had before Logan. This question was designed to tell us the approximate time the student had spent studying in classrooms. They were asked how many adjusting setups they practiced each week and also how many hours they currently spent sitting in class every day. They were asked what trimester they first started to notice the pain. They were asked to choose a type of pain description choosing from sharp, dull, achy, burning, and throbbing. We had them rate their pain on a standard VAS scale. They were asked about the frequency of pain. The last question was for their opinion of the cause of their pain. The choices were, sitting in class all day, lack of exercise, too many setups on one particular joint, the number of adjustments received, older age, and other to please specify.
RESULTS

As mentioned above the students with a previous history of surgery, injury, illness was eliminated from the study. There were a total of 550 people polled for this survey. Due to previous pain or causes of back pain as mentioned earlier 400 people had to be eliminated from the survey.

A. Onset of pain by trimester

<table>
<thead>
<tr>
<th>Trimesters 1 and 2</th>
<th>Trimesters 3 and 4</th>
<th>Trimesters 5 and 6</th>
<th>Trimesters 7 and 8</th>
</tr>
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<tbody>
<tr>
<td>52/150 = 34.6%</td>
<td>45/150 = 30%</td>
<td>14/150 = 9.3%</td>
<td>3/150 = 2.0%</td>
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No pain

36/150 = 24.0%

B. Pain attribution / 114 valid

A. Sitting in class: 57/114 = 50%
B. Lack of exercise: 11/114 = 9.6%
C. Too many Setups: 6/114 = 5.2%
D. Number of Adj. Received: 18/114 = 15.7%
E. Getting older: 4/114 = 3.5%
F. Other: 18/114 = 15.7%

99.7%

C. Male versus Female

Out of the valid 150 students, 114 reported pain.

Male: 80/114 = 70%
Female: 34/114 = 30%
D.  Vas of 1-10

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<thead>
<tr>
<th></th>
<th>1-5</th>
<th>6-10</th>
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<tbody>
<tr>
<td></td>
<td>39/114 = 34.2%</td>
<td>75/114 = 65.7%</td>
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E.  Type of Pain

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<tbody>
<tr>
<td>Dull/Achy</td>
<td>Burning</td>
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<tr>
<td>111/114 = 97.3%</td>
<td>3/114 = 2.6%</td>
</tr>
</tbody>
</table>

DISCUSSION

It is felt that by doing this study the health of the student doctor could be increased. This was just a general survey of one school. In order to get a broader survey to rule out any other possible causes of back or neck pain a broader survey would need to be held. This survey should include other chiropractic schools along with schools not dealing with chiropractic. We also realize that all our survey population were chiropractic patients. This could easily relate the problems too over adjusting and setups due to the fact that they all had this trait in common. We find it interesting that a majority believed their pain to be caused by sitting in class for extended periods of time.

CONCLUSIONS

It is believed from the results of this survey of student opinion, that a majority of pain is actually caused by sitting in class for extended periods of time, and that adjusting or adjusting setups rarely increase the incidence of back or neck pain. It should be noted that a broader survey would need to be taken before any sound hypotheses could be made.