

## 脊骨手法治療

經常被用作治療頭痛和頸痛。儘管治療效果理想，一些患者卻擔心手法治療可能會帶來副作用——尤其有報導指脊骨手法治療可引起中風，就更惹人疑慮。

多年來，脊骨手法治療與中風是否有關連一直眾說紛紜。文獻綜述顯示，針對這個問題已有五個病例對照研究，但結論均不一致。

2016年一份刊登於《中風與腦血管疾病期刊》的研究卻可能首次印證了脊骨手法治療和中風可能並沒有因果關係。這份研究對比分析了（由於頸動脈撕裂導致的）中風患者在中風前接受脊骨手法治療和家庭醫生服務的情況。結果顯示，45歲以下的患者中，中風與脊骨手法治療的關聯性雖然很強，但這種關聯性同樣見於家庭醫生——脊醫和家庭醫生照顧的患者中風比率其實無顯著分別。也就是說，該批中風患者即使中風前沒有接受脊醫手法治療，最後還是很大機率會照樣中風。這表明患者可能是因為有中風前驅症狀（如頸痛、頭痛）而前往接受脊醫治療，繼而造成了脊骨手法治療引起中風的錯覺。

### 45歲或以上的患者中

脊醫或家庭醫生的治療與中風的相關性更是非常弱。

另一方面，世衛組織於2005年出版的報告亦指出：合格脊醫採用的手法治療是安全的。研究指出，在脊骨手法治療中，中風的機率僅為200萬至580萬分之一。

總結來說，脊骨手法治療與中風只是有關連性（不少有後枕痛或頸後痛的人士都會尋求脊醫治療），但它們之間很大可能並沒有因果關係。

以下是中風的一些前驅症狀

Symptoms of Vertebrobasilar Arterial Dissection



- 急性和嚴重的後枕痛  
sharp and severe occipital headache
- 頸後痛  
posterior nuchal pain
- 作悶和嘔吐  
nausea and vomiting
- 複視  
diplopia
- 暈眩  
vertigo

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# 脊骨手法治療 安全嗎？



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# Is Chiropractic Treatment safe ?



## Chiropractic manipulation

Chiropractic manipulation is regularly sought for treatment of neck pain and headache as there is evidence that it can improve neck pain and certain headaches. Yet, there is concern that chiropractic manipulation may cause stroke despite its being very rare.

For years, there has been much discussion on whether stroke is related to manipulation. A literature review showed that there have been five case-controlled studies addressing the issues with no conclusive result.

In 2016, a study published in the Journal of **Stroke and Cerebrovascular Disease** investigated the relationship between the risk of vertebrobasilar stroke and chiropractic care. The study showed that stroke might not have been the result of manipulation. In this study, the researchers compared the association between both chiropractic services and primary care physician services prior to stroke from damage to the vertebral artery. Results showed that there were strong associations between chiropractic services and stroke in those less than 45 years of age, but similar associations were seen for the primary care physician services. There was no significant difference of incidence of stroke of patients taken care of by the two different types of health care practitioners. This suggested that the patients with impending stroke seek chiropractic treatment. Regardless of whether chiropractic treatment is provided, the patient would have the stroke ultimately, giving the false impression that chiropractic manipulation had caused the stroke.

In 2015, WHO published a report stating that chiropractic manipulation by a registered chiropractor is safe. Different studies have put the incidence of arterial stroke syndrome to be less than 1 in 2 million to 5.6 million chiropractic manipulations.

All in all, it is possible that there might be an association between chiropractic manipulation and vertebrobasilar stroke (**many patients with severe occipital headache and posterior nuchal pain seek chiropractic treatment**), but manipulation does not cause stroke.

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