

## **Chiropractic Manual Intervention in Chronic Adult Dyspepsia**

**European Journal of Gastroenterology & Hepatology**  
**April 2009, 21:482–486**

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### THESE AUTHORS NOTE:

“Your readership may be interested in the results of a pilot study investigating traditional but unproven chiropractic intervention in patients presenting with symptoms of functional dyspepsia, opening the possibility that manual therapy (MT) may have a role to play in the management of this condition.”

This prospective cohort study involved 83 consecutive patients with symptoms of digestive pain in the central chest or epigastric area of more than 2 years' duration.

“Patients were managed conservatively using spinal manipulative therapy and soft tissue techniques. Exercise and other home-based treatment elements were not included in treatment protocols.”

71% of the patients reported an improvement in the average severity of their symptoms.

29% of the patients remained unchanged.

No patients reported any worsening of symptoms.

45% reduced their use of dyspepsia drugs.

This study “seem to indicate that chiropractic management can have a highly significant positive impact on gastro-esophageal reflux disorder symptoms, with the majority of patients reporting decreased frequency and severity of symptoms and many being able to reduce or eliminate their requirement for medication.”

### DISCUSSION

Chronic dyspepsia has a low incidence of self-resolution and a natural history of deterioration.

“This pilot study demonstrates that patients with a clinical complaint of dyspepsia might benefit from conservative chiropractic management in terms of both symptomatic relief and decreased use of palliative pharmacological interventions.”

COMMENTS FROM DAN MURPHY: This study adds to the evidence of chiropractic benefit in the management of non-musculoskeletal visceral disorders.