

## **The Bronfort Report:**

The report of the review of the best current research evidence for known claims made by chiropractors across a wide range of conditions was commissioned by the GCC. This report provides a source of guidance for chiropractors. Below are the summery tables showing the evidence, intervention and level of validity. The first table acts as the key to the others.

Level of Evidence*	Actions Supported
High and Moderate quality POSITIVE evidence	<ul style="list-style-type: none"> <li>• Supports public favorable claims regarding effectiveness</li> <li>• Advise patients that this is an effective treatment choice</li> </ul>
INCONCLUSIVE, but favorable evidence	<ul style="list-style-type: none"> <li>• Does not support any public claims regarding effectiveness</li> <li>• Recommend effective alternative if available</li> <li>• Advise patients that this is a treatment option in the absence of an effective alternative</li> </ul>
INCONCLUSIVE, and unclear direction of evidence	<ul style="list-style-type: none"> <li>• Recommend effective alternative if available</li> <li>• Advise patients that the effectiveness of this treatment option has not been established</li> </ul>
INCONCLUSIVE, but non- favorable evidence	<ul style="list-style-type: none"> <li>• Advise patients that this treatment option is unlikely to be effective</li> <li>• Recommend effective alternative if available</li> </ul>
High and Moderate quality NEGATIVE evidence	<ul style="list-style-type: none"> <li>• Advise patients AGAINST this as a treatment option</li> <li>• Recommend effective alternative if available</li> </ul>

\*See definitions for levels of evidence within the methods section.

## Conditions involved in the research and report

Musculoskeletal	Headache	Non-Musculoskeletal
<ul style="list-style-type: none"><li>• Spinal pain<ul style="list-style-type: none"><li>○ low back</li><li>○ thoracic</li><li>○ neck</li><li>○ coccyx</li></ul></li><li>• Extremity pain<ul style="list-style-type: none"><li>○ shoulder</li><li>○ elbow</li><li>○ wrist</li><li>○ hip</li><li>○ knee</li><li>○ foot/ankle</li></ul></li><li>• Other<ul style="list-style-type: none"><li>○ temporo-mandibular disorders</li><li>○ fibromyalgia</li><li>○ myofascial pain syndrome</li></ul></li></ul>	<ul style="list-style-type: none"><li>• migraine</li><li>• tension type</li><li>• cervicogenic</li><li>• miscellaneous headache</li></ul>	<ul style="list-style-type: none"><li>• asthma</li><li>• pneumonia</li><li>• vertigo</li><li>• infant colic</li><li>• hypertension</li><li>• enuresis</li><li>• dysmenorrhea</li><li>• premenstrual syndrome</li><li>• otitis media</li></ul>

Figure 2

Spinal Conditions	Intervention	Evidence		
		Inconclusive	Moderate	High
Acute Low Back Pain	Spinal Manipulation /mobilisation		Positive	
Chronic Low Back Pain	Spinal Manipulation /mobilisation			Positive
Chronic Low Back Pain	Massage		Positive	
Chronic Low Back Pain	Foot reflexology added to usual medical care	Non-favourable		
Sciatica/Radiating Leg Pain	Spinal Manipulation /mobilisation		Positive	
Coccydynia	Spinal Manipulation	Favourable		
Mid Back Pain	Spinal manipulation	Favourable		
Acute/Sub acute Neck Pain	Thoracic Spinal Manipulation/ mobilisation		Positive	
Acute Whiplash Associated Disorders	Mobilisation with exercise		Positive	
Chronic neck pain	Spinal manipulation /mobilization with exercise		Positive	
Neck Pain of any duration	Cervical spinal manipulation/ Mobilization alone	Favourable		
Chronic Neck Pain	Massage		Positive	

Extremity Conditions	Intervention	Evidence		
		Inconclusive	Moderate	High
Shoulder Girdle Pain/ Dysfunction	Manipulation/ mobilization		positive	
Rotator Cuff Pain	Manipulation/ mobilization	favorable		
Shoulder Pain	Massage	favorable		
Adhesive Capsulitis	High-grade mobilization		positive	
Tennis Elbow (Lateral Epicondylitis)	Manipulation	non-favorable		
Tennis Elbow (Lateral Epicondylitis)	Manual tender point therapy	favorable		
Tennis Elbow (Lateral Epicondylitis)	Mobilization with exercise		positive	
Carpal Tunnel Syndrome	Manipulation/ mobilization	favorable		
Hip Osteoarthritis	Manipulation/ mobilization		positive	
Hip Arthroplasty Rehabilitation	Osteopathic manipulative therapy (OMT)	non-favorable		
Knee Osteoarthritis	Manipulation/ mobilization with exercise		positive	
Patellofemoral Pain Syndrome	Manipulation/ mobilization with exercise		positive	
Knee Arthroplasty Rehabilitation	OMT	non-favorable		
Knee Osteoarthritis	Massage	favorable		
Ankle Sprains	Manipulation/ mobilization	favorable		
Ankle Fracture Rehabilitation	Mobilization		negative	
Plantar Fasciitis	Manipulation/ mobilization with exercise		positive	
Morton's Neuroma	Manipulation/ mobilization	favorable		
Hallux Limitus	Manipulation/ mobilization	favorable		
Hallux Abducto Valgus	Manipulation/ mobilization	favorable		

Headache and other Conditions	Intervention	Evidence		
		Inconclusive	Moderate	High
Migraine Headache	Spinal manipulation		positive	
Migraine Headache	Massage alone	favorable		
Tension type headache	Spinal Manipulation	unclear		
Cervicogenic Headache	Spinal Manipulation		positive	
Cervicogenic Headache	Self-mobilizing Apophyseal Glides		positive	
Cervicogenic Headache	Friction massage and trigger points	non-favorable		
Cervicogenic Headache	Mobilization	unclear		
Miscellaneous Headache	Mobilization	favorable		
Cervicogenic dizziness	Self-mobilizing Apophyseal Glides		positive	
Temporo-mandibular joint dysfunction	Mobilization/ massage	favorable		
Fibromyalgia	Massage	favorable		
Fibromyalgia	Spinal manipulation	unclear		
Fibromyalgia	Manual lymph drainage	favorable		
Myofascial Pain Syndrome	Massage	favorable		

Non-Musculoskeletal Conditions	Intervention	Evidence		
		Inconclusive	Moderate	High
Asthma	Spinal manipulation		negative	
Asthma	Osteopathic manipulative therapy(OMT)	favorable		
Asthma	Massage	unclear		
Colic	Spinal manipulation		negative	
Colic	Cranial OMT	favorable		
Colic	Massage	favorable		
Nocturnal Enuresis	Spinal manipulation	favorable		
Otitis media	OMT	unclear		

Figure 7

Non-Musculoskeletal Conditions	Intervention	Evidence		
		Inconclusive	Moderate	High
Asthma	Spinal manipulation		negative	
Asthma	Foot reflexology	non-favorable		
Pneumonia in Older Adults	Osteopathic manipulative therapy	favorable		
Cervicogenic dizziness	Mobilization		positive	
Stage I Hypertension	Spinal manipulation added to diet		negative	
Hypertension	Instrument assisted spinal manipulation	unclear		
Stage I Hypertension	Upper Cervical (NUCCA) Spinal manipulation	favorable		
Dysmenorrhea	Spinal manipulation		negative	
Premenstrual syndrome	Spinal manipulation	unclear		
Premenstrual syndrome	Massage	favorable		
Premenstrual syndrome	Reflexology	favorable		

Figure 6

Many Doctors of Chiropractic are trained in a vast array of techniques, which include; manipulation, massage, deep tissue techniques, deep tissue and acupuncture (myofascial dry needling), prescription of orthotics and exercise while offering therapeutic, ergonomic and postural advice. Where the findings were moderate or high favourable, most chiropractors will be trained in techniques allowing them to offer treatment.