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Title

Use of Additional Chiropractic Techniques and Complementary and Alternative Medicine (CAM) in by McTimoney Chiropractors: A pilot study

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Rationale

It is often assumed that patients seeing chiropractors just receive chiropractic treatment. This may not be the case. However, there is very little information on the use of other chiropractic techniques and CAM therapies by chiropractors.

Aims and Objectives

To assess the use of chiropractic techniques and CAM therapies by McTimoney Chiropractic graduates and to determine why these techniques or therapies were used.

Design

Self-completed, anonymous postal questionnaire.

Subjects

100 McTimoney graduates selected through systematic random sampling of the 2005 McTimoney Directory.

Results

70 out of 100 questionnaires were returned. Fifty six (80%) of respondents were used either CAM and/or additional chiropractic techniques alongside the McTimoney technique. Fourteen (20%) used McTimoney only. The most popular additional chiropractic technique was torque recoil (17%). Ultrasound was used by 8% of respondents. Most (59%) respondents said their use of additional chiropractic techniques was not condition-based. The most common reason (24%) for using additional techniques was that the patient's condition resolved faster and the least common reason (2%) was due to a request made by the patient. The most popular CAM therapies were massage-based (54%).

Conclusion

The majority of McTimoney chiropractors use at least one additional chiropractic technique and frequently more than one CAM therapy.