

**1 March 2016**

## **Chiropractic care is a safe, effective treatment option**

In response to a segment on Channel 9's Today Extra program this morning, the Chiropractors' Association of Australia (CAA), the peak body representing chiropractors, and its clinical interest group, Sports Chiropractic Australia (SCA), would like to remind members of the community that Australian chiropractors are five year university trained healthcare professionals. They are experts in spinal health and deliver healthcare which is effective, safe and regulated.

The CAA does not and will not support chiropractors who make false and misleading claims. It is unlawful, unsupportable and brings the good name of chiropractic into disrepute.

CAA Deputy President, Dr Andrew Lawrence said, "Our relationship with the Australian public has been built on service, honesty and results; and that relationship is too precious to be destroyed by the selfish and stupid activity of a few recalcitrants."

The Chiropractic Board of Australia and the Australian Health Practitioner Regulation Agency (AHPRA) are working with other regulators to act on concerns about potentially false or misleading advertising by a small number of chiropractors.

The CAA has strengthened the professional development components of ongoing education to ensure the treatment provided to Australians is current, relevant and underpinned by the latest evidence-based research. It is actively focused, through the development of rigorous practice management resources, on aligning chiropractors to quality in practice and complying with their responsibilities as health practitioners, particularly in areas like advertising.

An evidence-based approach to treatment is a core foundation of the chiropractic care delivered by the members of the Chiropractors' Association of Australia to over 215,000 Australians each week.

There is a significant body of evidence underpinning the efficacy and safety of chiropractic care. We recognise though that ongoing rigorous research should be done. As with other healthcare disciplines, the evidence base for chiropractic care is constantly evolving, as researchers undertake new studies and trial the effects of different therapies.

The Chiropractors' Association of Australia is committed to enhancing the evidence base to enable patients to make informed healthcare choices. We have commissioned a three-year study with the University of Technology, Sydney to examine the health outcomes of chiropractic care. The study is the first of its kind and will provide a national, longitudinal practice-based study of chiropractic care. It is independently conducted and the results will be published.

As a profession, chiropractors are committed to providing Australians with the best available research to make an informed decision regarding chiropractic care and receive the most current recognised treatments.

There are various studies that support the use of chiropractic treatment for children. We do believe this is one area though where the delivery of chiropractic care would be significantly enhanced by further research.

We encourage parents considering chiropractic care for their children to openly discuss their interest and concerns with their chiropractor and other healthcare professionals to ensure they make an informed choice.