

## **Naprapathic manual therapy and adverse events shortly after treatment. A prospective cohort study.**

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**BACKGROUND:** Naprapathic manual therapy is defined as a system for specific examination, diagnostics, manual treatment and rehabilitation of shortened or pathologic soft tissue and connective tissue, resulting in pain and dysfunction in the neuromusculofasciaskkeletal system. Aim: To investigate the prevalence and magnitude of adverse events (AE) shortly after naprapathic manual therapy for patients seeking care for non-specific back and/or neck pain.

**METHODS:** In an ongoing RCT, the aim is to compare the effect of different combinations of naprapathic manual therapy in three arms. The first 487 patients are included as one cohort in this study. Participants are seeking care for non-specific neck and/or back pain at the educational clinic. In a maximum of five visits within five weeks a combination of spinal manipulation/mobilization, massage, stretching and other soft tissue techniques are given by experienced students. AE within 24 hours are measured by a questionnaire at return visits.

**RESULTS:** The AE were most common after the two first treatment sessions. The most common AE were soreness in muscles, increased pain and stiffness. Among participants receiving at least 3 treatment sessions (n=344), 37% had experienced at least one AE of any severity and duration after every treatment, 50% had experienced such an AE after any of the treatment sessions and 13% had not experienced any such AE. Three percent had experienced at least one AE that *was disturbing and lasting* ( $\geq 3$  on a NRS 0-10 and lasting for at least 12 hours) after every treatment session, 6 % had experienced such an AE after any of the treatment session and 91% had not experienced any such AE. No significant gender differences were observed and no severe AE were reported.

**CONCLUSION:** AE were relatively common after naprapathic manual therapy given by experienced students, but disturbing and lasting AE were not common. There were no significant gender differences.