



<b>Title</b>	<b>Spinal Manipulation for Infantile Colic</b>
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## Aim

- To determine whether manipulating the spine, by itself, can reduce the signs and symptoms of infantile colic.
- To assess the safety of spinal manipulation for this indication.

## Conclusions and results

Four randomized controlled trials involving spinal manipulation performed by chiropractors met the inclusion criteria: two trials published in peer-reviewed journals, one conference abstract, and one unpublished manuscript. Quality scores for all four reports as measured by the Jadad scale were low. None of the trials provided information about adverse events. This systematic review found no convincing evidence that spinal manipulation alone can affect the duration of infantile colic symptoms. The effect of spinal manipulation on sleep time, parental anxiety, quality of life, and number of colic diagnoses could not be determined using available evidence. As the presence or absence of adverse events was not described in any of the trial reports reviewed, potential harm from the spinal manipulation of infants with colic could not be determined.

## Recommendations

Not applicable.

## Methods

The research literature was systematically reviewed to identify clinical trials of infants with colic. Relevant trials were identified after searching electronic databases, contacting experts, manually searching conference abstracts and reference lists of retrieved reports, and visiting the websites of pediatric and chiropractic associations. Two reviewers independently assessed the quality of each trial report. Inclusion criteria focused on study design, participants, interventions, safety, and measured outcomes.

## Further research/reviews required

More rigorous research is needed to adequately measure the safety and efficacy of spinal manipulation in treating infantile colic. Greater efforts must be made to compare infants of similar age. Issues to consider include placebo response rates as high as 83%, the self-limiting quality of colic symptoms, and the fact that colic plays itself out over several months.