Letters to the Editor

in the clinical trial developed by Botelho et al.2 increased up to 16.81% after cervical spine manipulation. Another point I would like to make is about the inclusion criteria in the systematic review.1 I feel that there was a lack of specificity in determining the comparison criteria based on the patient, intervention, comparison, outcome strategy that allowed the inclusion of the Costa et al study4 comparing the association of SMT and stretching with only stretching. In this case, the group submitted to SMT and stretching presented an improvement in the outcome related to athletic performance (full-swing); however, this clinical trial does not allow one to identify the isolated effect of SMT.

The authors concluded that 4 of the 7 included studies showed that SMT improved sports performance tests. Among the 4 studies cited are the studies of Botelho et al.2 and Costa et al.4 making me think that the aforementioned limitations may have partially influenced the final conclusion of this review. I agree with the authors in stating in the conclusion that “SMT enhances sports performance is not supported by current evidence” and that “it needs to be better and more deeply investigated.”1 However, considering the above limitations, I feel it is too subtle to say that “spinal manipulative therapy may be a promising approach for performance enhancement”1 because the evidence indicates that there is not enough scientific support to use or not to use SMT to improve sports performance.

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RESPONSE TO LETTER TO EDITOR: “SPINAL MANIPULATIVE THERAPY AND SPORTS PERFORMANCE ENHANCEMENT: A SYSTEMATIC REVIEW”

To the Editor:

We are pleased to know about your interest in our paper.1 We have carefully analyzed your concerns in an attempt to assist in our best capabilities.

To the Editor:

I read with interest the recent paper entitled “Spinal Manipulative Therapy and Sports Performance Enhancement: A Systematic Review.”1 This study investigated a relevant topic given the competitiveness and physical demand in sporting environments. This systematic review has an important role in identifying main methodological difficulties and directing future research for methodological designs with higher quality.

I agree with the authors in stating in the conclusion that there is not enough scientific support to use or not to use SMT to improve sports performance. However, considering the above limitations, I feel it is too subtle to say that “spinal manipulative therapy may be a promising approach for performance enhancement”1 because the evidence indicates that there is not enough scientific support to use or not to use SMT to improve sports performance.

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