

OPTIMAL HEALTH UNIVERSITY™

Presented by Dr. Joseph Baker

Highlights of 2005 Chiropractic Research: Part II

Remember when we thought all fat in foods was destructive to health? Now we know that “healthy” fats, such as those found in nuts and fish, are essential to optimal well-being. Or remember when we were told that exercising for 30 minutes three days per week was enough? Now research shows that daily exercise is vital. Health care is not stagnant — scientists are continually debunking old assumptions about our health while unearthing new truths. That’s why it’s essential that health-care providers keep up-to-date with scientific research.

Dr. Baker attends continuing-education courses and regularly reviews late-breaking studies in chiropractic and related disciplines. As a holistic provider of health care, Dr. Baker is particularly interested in learning new ways to help patients prevent illness.

While this office strives to remain on the cutting edge, we also understand the importance of educating patients. We are thrilled that our patients ask questions about chiropractic research and pass this knowledge on to friends and family.

Each year, in an effort to share research data with patients and prevent “information overload,” Dr. Baker presents a synopsis of the most exciting new evidence regarding the science of chiropractic.

Chiropractic Benefits the Nervous System

One hot-off-the-presses study adds to mounting research revealing that chiropractic adjustments influence nervous system activity.

As part of the study, a group of individuals either received chiropractic adjustments or were positioned on an adjusting table as if they were going to receive an adjustment, but did not. Before and after the procedures, researchers conducted a neurological test to identify changes in the nervous system impulses.

In the study participants who received chiropractic adjustments, test results revealed significant changes in the messages sent by nerves to muscles. These changes were not seen in control subjects. The researchers speculate that these nerve signals help to relax tense muscles.

*Spine Journal —
November-December 2005;5:650-9.
www.sciencedirect.com*

Chiropractic Adjustments May Prevent Surgery for Synovial Cysts

A synovial cyst is a fluid-filled sac that develops as a result of degeneration in the spine. The cyst exerts pressure inside the spinal canal, causing pain. Now there’s good news for patients with this condition. Chiropractic care may alleviate symptoms associated with synovial cysts and prevent the need for surgery.

A recent case study of two patients, one male and one female, who received chiropractic care for synovial cysts, found that “the male patient’s pain was reduced by 50 percent in 14 days and 100 percent at 60 days.

Range of motion of the ... spine increased, walking distance increased from 1 to 2 blocks to 1 mile without pain, and repeat MRI showed reduced size of the cyst. The female patient, under the same treatment regimen, was pain free in 6 weeks.”

*Journal of Manipulative &
Physiological Therapeutics —
February 2005;28:143.
www.mosby.com/jmpt*

Chiropractic Best for Long-Term Relief

An Australian study comparing medication, needle acupuncture and chiropractic adjustments for relief of spinal pain reveals that “[chiropractic] spinal manipulation, if not contraindicated, may be the only treatment modality of the assessed regimens that provides broad and significant long-term benefit.”

Findings were based on a group of 40 patients who underwent nine weeks of treatment receiving only one of the three approaches. After one year, the subjects were re-evaluated using the same standard diagnostic measures employed in the initial assessment.



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The analysis found that chiropractic adjustments were significantly more effective at providing “broad-based long-term benefit.” Specifically, “5 of the 7 main outcome measures showed significant improvements compared with only 1 item in each of the acupuncture and the medication groups.”

Journal of Manipulative & Physiological Therapeutics —
January 2005;28:3-11.
www.mosby.com/jmpt



Seniors Turning to Chiropractic

Chiropractic is the second most popular (dietary supplements are first) holistic health-care approach among older adults.

A recent analysis of 1,099 people aged 52 or older found that 46 percent of them used chiropractic.

Gerontologist — August 2005;45:516.
www.geron.org

Chronic Pain Interferes With Parenting

Chronic pain exacts a harsh toll on families. An investigation published last month shows that chronic pain interferes with mothers’ parenting skills.

An inquiry compared “39 mothers with chronic pain conditions ranging from migraine and arthritis to chronic neck and back pain and 35 control mothers without chronic pain.”

“Analyses indicated that mothers with chronic pain experienced more physical, psychological and social difficulties when compared to controls. More

difficulties were reported in completing day-to-day parenting tasks in mothers with chronic pain.”

European Journal of Pain —
December 2005;9:683-90.
www.sciencedirect.com

Chiropractic Helps Patients With Fibromyalgia

Fibromyalgia is a debilitating disease that is difficult to overcome. But findings released this year indicate that many people with this condition are finding hope through chiropractic care. Specifically, 37 percent of people with fibromyalgia visit a chiropractor, according to a new analysis of 263 women and 26 men with the disorder.

Mayo Clinic Proceedings —
January 2005;80:55-60.
www.mayoclinicproceedings.com

Adjustments Don’t Strain Joints

Some chiropractic patients worry that chiropractic adjustments put too much pressure on the spinal joints. However, research released in May 2005 shows that the strain exerted on spinal joints during chiropractic adjustments is no more than the pressure created during normal movement.

The study found that the strain on spinal joints undergoing adjustments was “within the range that occurred during physiological motions.” The scientists go on to show that their findings demonstrate that chiropractic adjustments are “biomechanically safe.”

The Spine Journal —
May/June 2005;5:277-90.
www.sciencedirect.com

Chiropractic Adjustments to the Spine May Help Heal Leg Injury

Hamstring muscle injuries are common among both amateur and professional athletes. Now new research demonstrates that chiropractic adjustments (spinal manipulation) may speed healing of hamstring injuries.

A recent study reviewed two cases of Australian Rules football players who sustained hamstring injuries. Both received spinal manipulative therapy

along with some physiotherapy. Both players enjoyed full resolution with no recurrence during 12 and 16 weeks of preventive care.

“From our case reports and evidence presented, it appears that spinal manipulation and improving lumbar-pelvic biomechanics and function may play a role in treatment and prevention of hamstring injury.”

Chiropractic & Osteopathy —
April 12, 2005;12:4.
www.chiroandosteo.com

Pregnant Women Seeking Chiropractic Care

Chiropractic is very popular among pregnant women, according to a report published in June. Specifically, 36.6 percent of pregnant women in the study opted to seek care from a doctor of chiropractic.

Journal of Alternative & Complementary Medicine — June 2005;11:459.
www.liebertpub.com



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