

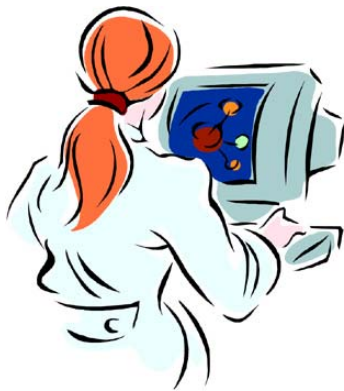
# OPTIMAL HEALTH UNIVERSITY™

Presented by Sherwood Chiropractic Center

## Highlights of 2008 Chiropractic Research

2008 was a groundbreaking year for chiropractic research. Many studies focused on the role of vertebral subluxations in wellness. Vertebral subluxations are areas in the spine where motion is restricted or bones (vertebrae) are out of alignment. Your doctor at Sherwood Chiropractic Center corrects vertebral subluxations using gentle maneuvers called chiropractic adjustments. In addition, chiropractors teach patients how to prevent the physical, chemical and emotional causes of vertebral subluxations. This focus on prevention makes chiropractic unique.

Your doctor at Sherwood Chiropractic Center believes that the doctor-patient relationship is a partnership. When fully informed, patients are better able to make choices that propel them toward optimal health. That's why, at the end of each calendar year, your doctor at Sherwood Chiropractic Center reviews the past year's research on chiropractic and shares the most cutting-edge studies with patients. Following is a sampling of the landmark research published in 2008.



### Chiropractic Better Than Traditional Medical Care for Back Pain

In an eight-week study, investigators compared chiropractic care to pain-clinic management for chronic low-back pain (CLBP). All 30 patients had suffered from CLBP for more than 12 weeks. Researchers found that both pain intensity and disability were significantly lower for those cared for with chiropractic.

*Journal of Alternative and Complementary Medicine* – June 2008;14:465-73.  
[www.liebertonline.com/acm](http://www.liebertonline.com/acm)

### Chiropractic May Reduce Scoliosis

Researchers in China report on a case of a 15-year-old girl with scoliosis that was significantly reduced with chiropractic care.

The patient had “experienced right thoracic scoliosis for 4 years. She received regular rehabilitation and brace treatment for 4 years, but the curvature of the thoracic spine still progressed.”

“This patient was treated with spinal manipulation two times per week for 6 weeks at the outset, which was gradually decreased in frequency. After 18 months of consecutive treatment, follow-up radiographs and examinations were conducted. The scoliosis angle decreased by 16 degrees. Meanwhile, the patient’s lower backache eased and there was also an improvement in defecation frequency, which had been problematic.”

“This suggests that in at least some severe and progressive cases of scoliosis, chiropractic treatment including spinal manipulation may decrease the need for surgery,” say the authors.

*Journal of Alternative and Complementary Medicine* – July 2008;14:749-51.  
[www.liebertpub.com](http://www.liebertpub.com)

### Chiropractic May Alleviate Menstrual Pain

A case series published in March demonstrates that chiropractic adjustments significantly ease severe menstrual pain known as dysmenorrhea.

The investigation enrolled 13 women with an average age of 26 years who had suffered from dysmenorrhea for an average of 12 years. The women received chiropractic adjustments aimed at removing vertebral subluxations. These adjustments were given using a specialized adjusting table called a drop table. Chiropractic care took place three times during each of two consecutive menstrual cycles.

The analysis concluded that “menstrual pain associated with primary dysmenorrhea may be alleviated with treatment of motion segment restrictions of the lumbosacral spine with drop table technique,” conclude the study’s authors.

*Journal of Manipulative and Physiological Therapeutics* – March 2008;31:237-46.  
[www.jmpt.com](http://www.jmpt.com)



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## Golfers Benefit From Chiropractic

A study of 402 recreational golfers reveals that “approximately half of the subjects reported having received chiropractic care in the past, and virtually all reported having positive experiences with the care they received.”

*Journal of Manipulative and Physiological Therapeutics* – May 2008;31:313-8.  
www.mosby.com/jmpt



## Chiropractic May Ward Off Infertility

Another study adds to mounting research indicating that chiropractic care may correct infertility.

According to the report, “a 23 year old female presented for chiropractic care to improve her overall health, in the hope that she may ultimately be able to have a child. At the time of the physical exam there was a six week history of numbness and tingling in her left foot, and within a month the temporary bouts of numbness included both of her legs and feet. The patient was referred to a neurologist for consultation.”

The patient received chiropractic care focused on removing vertebral subluxations. She had her first natural menstrual cycle 3 ½ months into care and discovered she was pregnant 4 ½ months after initiation of chiropractic care.

“Marked resolution of the patient’s signs and symptoms was obtained concomitant with a reduction in subluxation findings at multiple levels. Further research is called for to evaluate the safety, cost, and effectiveness of chiropractic care in women’s

health,” note the study’s authors.

*Journal of Vertebral Subluxation Research* – August 2008:1-6.  
www.jvrsr.com

## Patients Want Wellness Care

In general, chiropractic patients desire more from their chiropractors than relief from conditions affecting muscles and bones (musculoskeletal conditions), according to a study of 1,316 patients attending 27 different chiropractic clinics in the US, Europe and Australia.

The patients “completed a one-page survey on intake to assess reason for seeking care.” Results revealed that “more than 40% of chiropractic patient visits were initiated for the purposes of health enhancement and/or disease prevention.”

The study’s authors conclude that “although prudence dictates great caution when generalizing from this study, if confirmed by subsequent research among other similar cohorts, the present results may lend support to continued arguments of consumer demand for a more comprehensive paradigm of chiropractic care, beyond routine musculoskeletal complaints, that conceptualizes the systemic, non-specific effects of the chiropractic encounter in much broader terms.”

*Journal of the Canadian Chiropractic Association* – September 2008;52:175-84.  
www.jcca-online.org

## Study Confirms Chiropractic Safe for Infants and Toddlers

A new analysis confirms that chiropractic care is safe and effective for infants and toddlers.

Investigators pored over the records of 781 patients younger than 3 years of age cared for at a chiropractic teaching clinic practice in Bournemouth, England during a three-year period.

Most (73.5%) of the patients were 12 weeks of age or younger when they began care.

A total of 697 children “received a

total of 5,242 chiropractic treatments, with 85% of parents reporting an improvement. ... There were no serious complications resulting from chiropractic treatment (reactions lasting >24 hours or severe enough to require hospital care).”

“This study shows that for the population studied, chiropractic manipulation produced very few adverse effects and was a safe form of therapy in the treatment of patients in this age group,” conclude the study’s authors.

*Journal of Manipulative and Physiological Therapeutics* – August 2008;31:419-23.  
www.mosby.com/jmpt

## Chiropractic Adjustments to the Neck Also Benefit the Elbow

Chiropractic adjustments to the spine of the neck (cervical spine) can produce a significant reduction in pain associated with tennis elbow (lateral epicondylitis).

As part of the experiment, five women and five men with tennis elbow attended two experimental sessions on two separate days at least 48 hours apart. At each session, participants received either a cervical spine adjustment or a “sham” maneuver.

Findings showed that the adjustments produced an immediate reduction in pain thresholds in both elbows and improved grip strength on the affected elbow.

*Journal of Manipulative and Physiological Therapeutics* – November 2008;31:678-81.  
www.mosby.com/jmpt

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