

# OPTIMAL HEALTH UNIVERSITY™

Presented by Dr. Edwin Lau

## Highlights of 2007 Chiropractic Research: Part II

*Dr. Lau strives to remain on the cutting edge of scientific research into chiropractic, and educating patients about this late-breaking research is also a top priority. We are thrilled that our patients ask questions about chiropractic research and pass this knowledge on to friends and family interested in learning new ways to prevent illness.*



### Chiropractic Adjustments Boost Psychological Well-Being

Chiropractic adjustments may improve psychological outcomes, say researchers who pooled data on 12 randomized, controlled trials.

Specifically, findings showed that spinal manipulation had significant psychological benefits over verbal interventions, such as discussing the patients' particular situation.

*Complementary Therapies –  
December 2007;15:271-83.  
www.harcourt-international.com*

### Chiropractic May Help Cure Chronic Constipation

A new case study published in January 2007 indicates that chiropractic care may help correct chronic constipation, even if traditional medical treatment has failed to work.

Investigators followed an 8-year-old boy with chronic constipation. "His mother reported that this had been a problem since the child's birth. Allopathic treatment consisting of laxatives, high fluid intake, and high fiber intake had not been effective to date."

The patient was examined, and it was determined that he had misalignment of the bones in the hip and low-back area. Chiropractic adjustments were performed along with external massage of the abdomen.

According to the study, "the patient reported an immediate dramatic improvement in bowel function after the first treatment. Treatment was continued for a four-week period (two visits per week) and then discontinued when the patient (confirmed by his mother) reported consistent normal bowel function. A follow-up call made 13 years after treatment revealed continu-

ing normal bowel function."

"This case suggests that chiropractic care may be helpful in some cases of chronic constipation," concludes the report.

*Journal of Manipulative and Physiological Therapeutics –  
January 2007;30:65-8.  
www.mosby.com/jmpt*

### Chiropractic Adjustments Beneficial for Ankle Sprain

Chiropractic adjustments to the ankle joint help correct disturbances in load distribution associated with ankle sprain, say scientists.

The analysis enrolled 52 field hockey players (35 men and 17 women) between 18 and 40 years of age with ankle sprains.

According to the report, chiropractic adjustments to the ankle joint produced a redistribution in ankle load, which may speed healing. The placebo group did not show these sorts of changes.

*Journal of Manipulative and Physiological Therapeutics –  
March 2007;30:186-92.  
www.mosby.com/jmpt*



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## **Chiropractic Adjustments to the Neck Safe and Effective**

The benefits of chiropractic care far outweigh any potential risks for patients with neck pain. These findings are from a new study published in the *Journal of Manipulative and Physiological Therapeutics*.

The analysis included 529 patients cared for by 79 doctors of chiropractic.

According to the article, “no serious adverse events were recorded during the study period.” And, mild adverse events were uncommon.

The analysis also showed chiropractic to be highly effective: “Of the patients who returned for a fourth visit, approximately half reported to be recovered, whereas approximately two thirds of the cohort were recovered at 3 and 12 months.”

*Journal of Manipulative and Physiological Therapeutics* – July 2007;30:408-18.  
[www.mosby.com/jmpt](http://www.mosby.com/jmpt)

## **Epileptics Turning to Chiropractic**

Few studies have looked at the scope of complementary and alternative medicine (CAM) use among epileptics.

To learn more, researchers surveyed 228 patients with epilepsy in the Midwest United States.

“The survey collected demographics, specific CAM usage, adverse effects of CAM therapy, and perceptions of the effectiveness of CAM.”

Findings showed that “39% reported using CAM; 25% reported using CAM specifically for their epilepsy. Prayer/spirituality was the most commonly used form of CAM (46%), followed by ‘mega’ vitamins (25%), chiropractic care (24%), and stress management (16%).”

“CAM use is common among Midwestern patients with epilepsy, although the pattern of use may be

slightly different than in other regions of the United States and elsewhere.”

*Epilepsy Behavior* – April 23,2007;Epub.  
[www.sciencedirect.com](http://www.sciencedirect.com)

## **Chiropractic Adjustments to the Midback Alleviate Neck Pain**

A new analysis shows that chiropractic adjustments to the midback help alleviate neck pain. The study illustrates that the human spine functions as a unit, rather than isolated bones strung together.

The study tracked two men and five women with mechanical neck pain. The subjects were aged 20 to 33 years. They all received a single chiropractic adjustment to the spine of the midback (thoracic region).

According to the report, “the outcome measures of these case series were neck pain at rest, as measured by a numerical pain rating scale; active cervical range of motion; and neck pain at the end of each neck motion (eg, flexion or extension). These outcomes were assessed pre-treatment, five minutes post-manipulation, and 48 hours after the intervention.”

The study’s authors conclude that “the present results demonstrated a clinically significant reduction in pain at rest in subjects with mechanical neck pain immediately and 48 hours following a thoracic manipulation.”

*Journal of Manipulative and Physiological Therapeutics* – May 2007;30:312-20.  
[www.mosby.com/jmpt](http://www.mosby.com/jmpt)

## **Chiropractic Students Excel on Musculoskeletal Exams**

A new analysis investigates the competency of final-year chiropractic students in musculoskeletal medicine (conditions affecting muscles and bones).

The Basic Clinical Examination (BCE) was administered to 154 fourth-year chiropractic students.

Findings showed that “most final-year

chiropractic interns at this college were found to be competent in musculoskeletal medicine as assessed by the Basic Competency Examination. This is in contradiction to previous work with medical students, recent medical graduates, non-orthopedic staff physicians, osteopathic students, and physical therapy students. Chiropractic clinicians with postgraduate training showed considerably better results than chiropractic interns.”

*Journal of Manipulative and Physiological Therapeutics* – January 2007;30:44-9.  
[www.mosby.com/jmpt](http://www.mosby.com/jmpt)

## **Seniors Turning to Chiropractic**

Use of chiropractic care is common among seniors in the US, according to a new report that looked at complementary and alternative medicine (CAM) use among 1,200 community-dwelling adults aged 65 and older.

According to the report, overall, 62.9 percent of the respondents reported use of one or more complementary and alternative medicine modalities. Chiropractic was among the top five CAM therapies used.

“Maintaining health and treating a health condition were the primary reasons for CAM use. The most common conditions treated were arthritis (44.4%) and chronic pain (23.5%).”

“Overall satisfaction with CAM use was high (80%). Symptoms of a health problem and desire for personal control over health motivated CAM use.”

*Journal of Alternative & Complementary Medicine* – November 2007;13:997-1006.  
[www.liebertpub.com/acm](http://www.liebertpub.com/acm)

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