

OPTIMAL HEALTH UNIVERSITY™

Presented by Dr. Wayne Terai

Highlights of 2009 Chiropractic Research Part I: Research in Adults

At the end of each calendar year, Dr. Terai reviews the past year's research on chiropractic and shares the most cutting-edge studies with patients. 2009 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. Dr. Terai corrects vertebral subluxations using gentle maneuvers called chiropractic adjustments.

Following is a sampling of the landmark chiropractic research published in 2009 involving adults. Look for part II next week, which provides an overview of studies involving children.

Chiropractic Adjustments May Lower Tumor Necrosis Factor

Tumor necrosis factor- α (TNF- α) is a blood marker of inflammation and disease. Scientific evidence released this past autumn suggests that chiropractic care may significantly reduce high blood levels of TNF- α .

The article followed two patients with headaches resulting from a whiplash injury. Magnetic resonance imaging revealed that both patients had protruding disks in their cervical spines.

Both patients also had high blood levels of TNF- α .

After initiating chiropractic care, one patient became symptom-free after four weeks. The other became symptom-free after two months. In addition, both patients had significant drops in TNF- α levels.

Journal of Manipulative and Physiological Therapeutics – September 2009;32:586-91.
www.jmptonline.org

Adjustments Boost Golfers' Performance

Chiropractic adjustments may boost golfers' swing performance, according to a report in the *Journal of Chiropractic Medicine*.

The study followed 43 golfers at two golf clubs in São Paulo, Brazil. The participants were divided into two groups. Between the two groups "average age, handicap, and initial swing were comparable."

Both groups took part in a stretching program. In addition, one group also received chiropractic adjustments once

a week for four weeks.

At each session, "all golfers performed 3 full-swing maneuvers. Ball range was considered as the average distance for the 3 shots."

After four weeks, golfers who underwent both stretching and chiropractic care enjoyed significant improvement in full-swing performance. On the other hand, full-swing performance did not change significantly in the stretching-only group.

Journal of Chiropractic Medicine – December 2009;165-70.
www.sciencedirect.com

Adjustments May Cure Irritable Bowel Syndrome

In June, researchers in China reported that spinal manipulation may cure irritable bowel syndrome (IBS).

As part of the analysis, 82 patients (24 male and 58 female) with irritable bowel syndrome received spinal manipulation to the spine of the middle and lower back. The patients ranged in age from 15 to more than 61 years. During the care, they did not take medicine for the condition.

Following the care a whopping 91.5 percent of patients were cured and the remaining patients all improved.

The study's authors concluded that unstable vertebrae "is the cause of irritable bowel syndrome." They add that spinal manipulation is a simple and effective way to care for this disorder by releasing compression and stimulation affecting the nerves and blood vessels.

Zhongguo Gu Shang – June 2009;22:456-7.
www.worldcat.org/issn/10030034



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Chiropractic Care Alleviates Fibromyalgia

The combination of chiropractic care and resistance training is highly effective for improving functioning in women with fibromyalgia (FM), according to research published in February, which was conducted at Florida State University, Tallahassee, FL.

As part of the experiment, 48 women with FM were assigned to one of two groups. Both groups completed 16 weeks of strength training, which consisted of 10 resistance exercises performed two times per week. One of the groups also received chiropractic care two times per week.

Both groups improved, but the chiropractic patients enjoyed greater improvements. According to the study, “the addition of chiropractic treatment improved adherence and dropout rates to the resistance training and facilitated greater improvements in the domains of functionality.”

Journal of Alternative and Complementary Medicine – March 2009;15:321.
www.liebertonline.com/acm

Chiropractic Mitigates Dizziness and Balance Problems

Chiropractic adjustments effectively reduce dizziness, balance problems and neck pain, according to investigators at Cleveland Chiropractic College in Overland Park, Kansas.

The study tracked 19 patients, age 40 or older, who underwent eight weeks of chiropractic care. Standard assessment tests were used to evaluate changes in dizziness, balance problems and neck pain.

Significant improvement was seen in the patients, especially involving decreases in dizziness and balance problems.

Journal of Chiropractic Medicine – December 2009;156-64.
www.sciencedirect.com

Chiropractic May Be Helpful for Hypothyroidism

Chiropractic care is beneficial for hypothyroid dysfunction, according to researchers at Macquarie University in Sydney, Australia.

The investigators looked at the use of the mind-body chiropractic technique in two cases of hypothyroidism. In both cases, there were improvements in blood markers of hypothyroidism (TSH and T4). In fact, the levels of these markers returned to normal following chiropractic care.

The study’s authors conclude: “As the standard medical model is associated with some adverse effects such as long-term medication use and potential side effects, all natural, non-invasive approaches to management should be reviewed. Further research into this mind-body therapy is recommended to evaluate its potential effectiveness for this common condition.”

Complementary Therapies in Clinical Practice – May 2009;15:67-71.
www.sciencedirect.com

Chiropractic for Older Patients

A report published in June compared chiropractic care with medical care for older patients with low-back pain (LBP).

The trial included 240 people (105 women and 135 men). The participants were all at least 55 years old and all suffered from back pain. The patients received either chiropractic adjustments or standard medical care.

Findings showed that chiropractic appeared more effective than medical care. This is of particular importance for seniors, who may be more susceptible to the side-effects of pain medication than younger adults.

Journal of Manipulative and Physiological Therapeutics – June 2009;32:330-43.
www.jmptonline.org

A Single Chiropractic Adjustment May Cut Headache Pain by 75 Percent

Investigators reported in June that adjustments to the spine of the upper neck (upper cervical spine) produce significant, measurable results in patients with tension-type headache.

Specifically, “assessments showed a significant reduction in pain intensity within two weeks of treatment for those who received only a single treatment and that the pain intensity for the single-treatment group decreased by approximately 75 percent over the study period.”

Journal of Vertebral Subluxation Research – June 4, 2009:1-11.
www.jvsr.com

Chiropractic More Effective Than Massage for Neck Pain

A study conducted at Western States Chiropractic College in Portland, Oregon, compared the effectiveness of chiropractic adjustments vs. light massage for headache.

The analysis included 80 patients with chronic headache associated with muscle tension in the neck (cervicogenic headache). Over eight weeks, the patients received chiropractic adjustments or light massage once or twice per week.

Findings showed that chiropractic adjustments were significantly more effective than the light massage at mitigating and preventing headache.

Spine Journal – October 15, 2009;Epub.
www.thespinejournal.com

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