

The Wellness Express™



Jump on the train to good health

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Common Chiropractic Myths Debunked

Presented by: Total Health Systems

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Introduction

The chiropractic profession has changed and evolved considerably since it was first created by D. D. Palmer in 1895, though its principle goal - improving general health through natural, gentle and non-invasive means - has always remained the same. Certain myths about chiropractic care have arisen over the years and remained in public consciousness, though chiropractors are now successfully addressing these myths or misconceptions by providing the most accurate information about the profession and its healing potential. In this edition of the Wellness Express, we will review - and debunk! - some of the most common myths about chiropractic care.



Myth #1: Chiropractic Adjustments are Painful

Chiropractic adjustments, in most cases, are completely painless and many patients experience some degree of relief immediately following an adjustment. According to the Mayo Clinic, chiropractic adjustments may be effective in treating low back pain, headaches and other spine-related conditions, though some people may experience minor side effects for a few

days after receiving treatment.¹ Because the adjustment may move joint structures that haven't moved properly in some time, after the adjustment, it is also common to feel a mild soreness in the area that has been treated - a feeling similar to that of engaging in strenuous activity after a long period of little or no physical activity. On rare occasions, chiropractic adjustments may cause a mild headache or fatigue, but these symptoms usually fade as relief sets in.

Myth #2: Chiropractic is Unscientific

Chiropractic research has advanced steadily over the past decade and there are now many published studies that indicate the effectiveness of chiropractic care as a therapeutic modality (in addition to the wealth of clinical evidence over the decades from patients who have experienced relief with chiropractic care). One such study, a 2012 paper published in the journal *Annals of Internal Medicine*, states that patients with neck pain who received regular chiropractic care for 12 weeks experienced a 75 percent reduction in pain after 12 weeks (compared to 38 percent pain reduction in those taking pain medication only).² Another study, published in the *Journal of Manipulative and Physiological Therapeutics* in 2000, notes that patients with chronic low back pain who were treated by chiropractors experienced more improvement and greater satisfaction after one month

Exercise of the Week

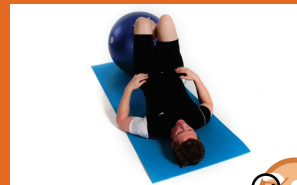
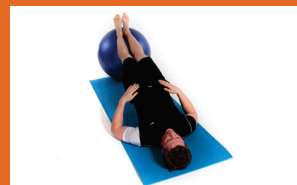
Low Back Stabilization in Reverse Bridge Position with Hamstring Curls

Difficulty: Moderate

(Consult your Chiropractor before starting this or any other exercise)

Start: Lie on back, lower legs rest on ball, knees straight. Hands can rest on hips with elbows touching floor. Press down into ball with legs, lifting hips until entire body is in a straight position, feet to shoulders. Stabilize with stomach tucked in and hold.

Exercise: Roll ball toward buttocks using both feet. As ball comes closer to buttocks, hips should rise but not bend, keeping straight line between knees, hips and shoulders. Curl legs to 90 degrees and hold for 2 counts. Return to start position; maintain a tight abdomen throughout. Repeat 5-10 times.



Presented by: 43740 Garfield Road, Clinton Township (586) 228-0270
28098 23 Mile Road, Chesterfield (586) 949-0123
57911 Van Dyke Road, Washington (586) 781-0800



than patients treated by family physicians.³ Countless research studies have long since debunked the myth that chiropractic is unscientific.



Myth #3: Chiropractors Work on the Spine Only

Back pain is the health problem most commonly treated by chiropractors, but chiropractors are musculoskeletal health experts who treat many body parts and systems. The scope of practice for chiropractors varies from one jurisdiction to another, but most chiropractors treat a wide variety of health problems with an eclectic blend of techniques. According to a study published in the *Journal of Manipulative and Physiological Therapeutics*, over 90 percent of licensing boards who responded to a survey allowed chiropractors to use some form of physical therapy, treat soft tissue and tissue and extremity problems, prescribe nutritional supplements and conduct impairment ratings.⁴ Over 80 percent of responding licensing boards indicated that chiropractors in their region can perform X-ray procedures and order CT or MRI studies to help reach a diagnosis. Chiropractors have historically treated the following conditions or problems using conservative techniques: Headaches, ear infections, colic, foot and ankle pain, hip pain, shoulder pain, gastroesophageal reflux, and high blood pressure.

Myth #4: Chiropractic Care is Expensive

A common myth or misconception about chiropractic care is that it is cost-prohibitive. Research has consistently shown that chiropractic care is a cost-effective therapy. The Manga Report - a study commissioned by the Canadian government in 1993 - states that chiropractic management of low back pain is more cost-effective than medical management.⁵ Another study, published in 2005 in the *Journal of Manipulative and Physiological Therapeutics*, reports that manipulation-based therapy for low back pain is a cost-effective alternative for this health problem.⁶ One round of chiropractic care is often enough to resolve many musculoskeletal problems, though some patients - especially those with longstanding problems - may require additional treatment to realize lasting health benefits.

Myth #5: Chiropractic Care is Not Mainstream

Chiropractic care is one of the largest healing professions in the world and has become a mainstream care option for people in the United States, Canada and elsewhere. Though profound philosophical differences may exist between them, medical doctors and chiropractors now often work closely with one other in their patients' best interests and many medical doctors refer patients to chiropractors for spine care and other services. Because of their historical position as alternative care providers, chiropractors are also well-positioned to work closely with naturopathic physicians, acupuncturists, massage therapists, and other members of your healthcare team.

Quote to Inspire

"The best mind altering drug is the truth"

Lily Tomlin

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Writer: Marty Hughes, DC
Design: Elena Zhukova
Graphics: Maria Camille Almirañez
Photos: Fred Goldstein
Production: Mike Talarico

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