

Current Developments

MassChiro celebrates **40 years of chiropractic licensure** in Massachusetts.

Governor John A. Volpe, on June 28, 1966, signed an Act establishing the Board of Registration of Chiropractors and defining its powers and duties.

October 16, 2006 is World Spine Day/National Spinal Health Day initiated by The International Bone and Joint Decade Committee to call attention to the burden of spinal disability during the Decade's National Action Week. "Straighten Up America" a free, public service program, was launched by the chiropractic profession in 2004 and will be featured this month nationwide. This 3-minute program is equally useful as an ergonomic break, exercise warm-up or cool-down. "Straighten Up America" is designed to get people of all ages up and moving, while they improve their posture and spinal health. The program also includes a set of healthy lifestyle recommendations congruent with the goals and objectives of national and international physical activity and health promotion initiatives. "Straighten Up America" is proud to be a 50th Anniversary Partner to "Get America Moving", an initiative of the President's Council on Physical Fitness and Sports during its fiftieth anniversary year (1956-2006). Logon to our website for the Straighten Up America Program PDF.

<http://www.masschiro.org/Articles.php?topic=2&story=63>

Other current topics and related articles include;

[Does Back Pain Go Away on Its Own?](#)

Studies show that when back pain is not treated, it may go away temporarily but will most likely return. Find out how chiropractic can prevent that painful cycle.

[Don't Take Arthritis Lying Down](#)

Recent research and recommendations for those with arthritis.

[Chiropractic Advice for Pregnancy](#)

The weight gain, the bloating, the nausea...learn what you can do to find relief from the increased low back pain brought on by pregnancy.

[Chiropractors Offer Help and Hope to Children with Attention Deficit Disorder](#)

While many parents grow leery of the traditional medical approach to ADHD, chiropractors offer promising results with non-drug treatments that focus on postural muscles, nutrition and lifestyle changes that affect brain activity.