

## RESEARCH

### **MassChiro.org provides a complete library of relevant research.**

Here are highlighted recent studies supporting the efficacy, cost-effectiveness, and patient satisfaction with chiropractic care regarding back and neck pain, headache, wellness and children's health. For more information and to read each detailed report log onto <http://www.masschiro.org/Research.php>

### **Back Pain**

**Chronic spinal pain - a randomized clinical trial comparing medication, acupuncture, and spinal manipulation** - This study comparing the effects of 3 treatment choices for long-standing spinal pain found chiropractic treatment superior.

**Spinal manipulation reduces pain**-This study explains the role chiropractic plays in relieving back pain and disability by reducing joint inflammation.

### **Neck Pain**

**Chiropractic "Only Proven Effective Treatment" for Chronic Whiplash** - This study published in the Journal of Orthopedic Medicine not only points out the superiority of chiropractic care for chronic whiplash patients, but also examines which chronic whiplash patients respond best to chiropractic care.

**Cost effectiveness of physiotherapy, manual therapy, and general practitioner care for neck pain** - Manual therapy for the treatment of neck pain was more cost effective than physiotherapy or care by a general practitioner.

### **Headache**

**The Duke Study** - Chiropractic care (spinal manipulation) resulted in almost immediate improvement for cervicogenic headaches.

**The Nelson Migraine Study** compared chiropractic spinal manipulation to the frequently prescribed drug amitriptyline and found that patients who had chiropractic care had a significant reduction in headache frequency without side effects commonly associated with the medication.

## Preventive/Wellness

**Degenerative changes following spinal fixation in a small animal model-** This landmark study demonstrates the positive effects of chiropractic in preventing spinal arthritis by restoring proper joint motion.

**Self-reported Nonmusculoskeletal Responses to Chiropractic Intervention-** Some patients with self-reported nonmusculoskeletal symptoms (allergy, asthma, breathing, circulation, digestion, hearing, heart function, ringing in the ears, sinus problems, urination, and others) report definite improvement after chiropractic care.

**Effect of Chiropractic Care on Heart Rate Variability and Pain in a Multisite Clinical Study** -After 4 weeks of chiropractic adjustments pain reported was reduced significantly as well as heart rate.

**Chiropractic patients in a comprehensive home-based geriatric assessment, follow-up and home promotion program** - This interesting study of adults age of 75 and older revealed positive findings for chiropractic patients.

**A Study of Education-**This study compared the education provided in medical school to that provided in chiropractic school. The researchers found that "considerable commonality exists between chiropractic and medical programs."

**IPA Study-**found that patient satisfaction was extremely high.

## Children

**Heart rate changes in response to mild mechanical irritation of the high cervical spinal cord region in infants-** This study revealed that nerve irritation is a trigger that affects heart rate and breathing and therefore may be involved in sudden infant death (SID).

**Chiropractic management of primary nocturnal enuresis-** This study, and others, offers supporting research for the efficacy of chiropractic management of nocturnal bed-wetting.

**An impairment rating analysis of asthmatic children under chiropractic care** -Asthmatic children under chiropractic care demonstrated significantly lower impairment ratings.

**Ear Infection: A Retrospective Study Examining Improvement from Chiropractic Care and analyzing influencing factors**-This study found that children with Otitis Media responded favorably to chiropractic care.

**The Colic Study**- When researchers compared spinal manipulation for the treatment of infantile colic to dimethicone (a medication for colic), they came to a simple conclusion: "Spinal manipulation is effective in relieving infantile colic."

## Cost-Effectiveness

**Effects of a managed chiropractic benefit on the use of specific diagnostic and therapeutic procedures in the treatment of low back and neck pain**- found that for the treatment of low back and neck pain, the inclusion of a chiropractic benefit resulted in a reduction in the rates of surgery, advanced imaging, inpatient care, and plain-film radiographs and overall cost of healthcare.

**Clinical and Cost Outcomes of an Integrative Medicine IPA**-This 2004 National University of Health Sciences study demonstrated the reduced costs and improved outcomes in a sample population that utilized doctors of chiropractic as Primary Care Physicians.

**Comparative Analysis of Individuals With and Without Chiropractic Coverage: Patient Characteristics, Utilization, and Costs**-This extensive four- year study compared total health care costs for low back pain patients with and without chiropractic insurance coverage and found chiropractic care for low back pain significantly reduced total health care costs.

**Testimony to the Department of Veterans Affairs' Chiropractic Advisory Committee** -Foundation for Chiropractic Education and Research trustee testifies before Department of Veterans Affairs' Chiropractic Advisory Committee that chiropractic care is effective and cost-efficient.

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