

# The Wellness Express

Jump on the train to good health



## New Research on the Benefits of Chiropractic

Presented by:

### Long-Term Effects of Chiropractic on Colic

A pair of chiropractic researchers wanted to know the answer to the question, “Do the positive effects of chiropractic last long after the treatment period ends?” They created a questionnaire asking parents of colicky infants whether their children experienced any behavioral or sleep disturbances several years later. Of the 200 sets of parents surveyed, half had children who were colicky infants and were treated with chiropractic care. The other half had infants with colicky symptoms but received no chiropractic treatments.

Survey results showed the infants who were not treated with chiropractic were twice as likely to display disturbed behavior (e.g., temper tantrums) and sleep problems than those who did receive chiropractic care. Chiropractic not only has short-term benefits for colicky infants, but this study suggests there are long-term benefits as well.<sup>1</sup>

### Can Headaches Be Related to Neck Subluxations?

In a 2009 study, chiropractor Dr. Sue Weber Hellstenius wanted to determine what proportion of pre-adolescent children report having recurring neck pain and/or headaches. She also wanted to discover if those who suffered these problems had neck subluxations.

Hellstenius recruited a sample of 131 students between the ages of 10-13 years to conduct her study. The children were split into two groups: ones with recurring pain and/or headaches (pain group), and ones without (non-pain group). Then, a physical examination was performed on each of the children, determining postural alignment, range of motion of the neck, muscle tone and function, and passive motion of individual neck vertebrae.



### Exercise of the Week

Pelvic Rotations – Cross-Over

Difficulty: Moderate

*(Consult your chiropractor before starting this or any other exercise.)*

**Start:** Lie down on back with legs bent to 90 degrees and feet on floor. Place arms out to side, palms up.

**Exercise:** Cross one leg over other – knee over knee. Then, let legs roll all the way to side so that outside knee rests on floor. Place hand on knee to keep it in that position. Hold for 30-60 seconds, and then return to starting position. Switch sides, and repeat 2X per side.



Presented by:

Approximately 40% of the children reported having recurring neck pain and/or headaches.

Of those with symptoms, only one of the factors from the physical exam could be significantly tied to the students' pain: neck subluxations!<sup>2</sup> This study shows that from an early age subluxations can negatively affect a person's quality of life.



## Can Back Pain Really Be “All In Our Heads”?

Researchers analyzed a survey distributed to college students to find out the prevalence of back pain in this population. The survey revealed up to 38% of the students reported having significant back pain within the previous school year.

Of the students with back pain, researchers found that only psychosocial factors remained statistically significant as being associated with the symptoms. In the end, it appeared that chronic fatigue or emotionally-abusive relationships were the most strongly associated with their back pain.<sup>3</sup>

Your chiropractor knows that life-stress can be a significant cause of muscle tension and subluxations. Chiropractic adjustments help relieve tension throughout the body and reduce fatigue associated with it.

## The “Pop” and Pain Relief

Researchers wanted to know whether the pop heard during the chiropractic adjustment really makes any difference to the level of pain relief perceived by the patient versus when no noise was heard during the adjustment.

The researchers enlisted 40 asymptomatic patients and first tested them for thermal pain sensitivity on their legs and lower backs to create baseline values. Then, the patients underwent a lumbar adjustment. For some, the audible pop was associated with the movement and for others it was not. All subjects were then re-tested for thermal sensitivity.



The results may surprise you. Researchers found that there was a significant reduction in thermal pain sensitivity after the lumbar adjustment, whether or not a sound was heard during the maneuver!<sup>4</sup> So, you don't need to hear a pop to know that the chiropractic adjustment is helping you.

Disclaimer: Information contained in this Wellness Express newsletter is for educational and general purposes only and is designed to assist you in making informed decisions about your health. Any information contained herein is not intended to substitute advice from your physician or other healthcare professional.

Copyright 2010 Mediadoc™

## Quote of the Week

“Movement is a medicine for creating change in a person's physical, emotional, and mental states.”

- Carol Welch

## References and Sources:

1. Miller JE & Phillips HL. Long-Term Effects of Infant Colic: A Survey Comparison of Chiropractic Treatment and Nontreatment Groups *JMPT* 2009 (Oct.); 32(8): 635-8.
2. Weber Hellstenius, SA. Recurrent Neck Pain and Headaches in Preadolescents Associated with Mechanical Dysfunction of the Cervical Spine: A Cross-Sectional Observational Study With 131 Students. *JMPT* 2009 (Oct.); 32(8): 625-634.
3. Gilkey DP, Keefe TJ, Peel JL, Kassab OM & Kennedy CA. Risk Factors Associated With Back Pain: A Cross-Sectional Study of 963 College Students. *JMPT* 2010 (Feb.); 33(2): 88-95.
4. Bialosky JE, Bishop MD, Robinson ME & George SZ. The Relationship of the Audible Pop to Hypoalgesia Associated With High-Velocity, Low-Amplitude Thrust Manipulation: A Secondary Analysis of an Experimental Study in Pain-Free Participants. *JMPT* 2010; 33: 117-124.

This newsletter is written and designed by Mediadoc™ exclusively for its chiropractic clients.

Writer/Editor: David Coyne

Writer: Dr. Christian Guenette, DC

Design: Elena Zhukova

Photos: Fred Goldstein