

# OPTIMAL HEALTH UNIVERSITY™

Presented by Dr. Michael Corey

## Chiropractic: Not Just for Back Pain

*Did you know that chiropractic is not just for relief from back pain? In fact, many of the doctor's patients do not suffer from the disorders typically associated with chiropractic, such as arthritis, backache, neck pain or headache. Instead, patients seek chiropractic care for a variety of benefits, which are supported by exciting scientific research.*

Although Dr. Corey does care for patients with back and spinal conditions traditionally associated with chiropractic, many of our patients seek care for a multitude of other reasons. Below is a sampling of just some of those reasons.

### Keep Abreast of the Latest Health Research

Several of our patients consider their regular chiropractic visits not only opportunities to keep their spine in optimal condition, but also occasions to learn about late-breaking research in wellness fields like disease prevention, nutrition, exercise, mental outlook and stress reduction. To this end, each week Dr. Corey publishes an *Optimal Health University*® handout on a research topic. In addition, we offer preventive care and wellness workshops aimed at keeping our patients on the forefront of holistic research and warding off potential health challenges before the onset of



symptoms.

### Correct Extremity Conditions

Sure, you know that chiropractic alleviates pain and disability in the spine, hips, back and neck. You are probably aware that this drug-free approach to health wards off headaches, jaw pain and fibromyalgia as well. But did you know that chiropractic offers effective correction for problems in the joints of the upper and lower limbs (extremities) as well?

Dr. Corey addresses maladies affecting the ankles, knees, wrists, elbows and shoulders with a multifaceted approach. First, alignment in the extremities is influenced by spinal posture. Consequently, a misaligned spine may spark a chain reaction that throws limbs slightly out of balance, leading to uneven wear on joints.

Dr. Corey examines the spine for areas where movement is restricted or spinal bones (vertebrae) are slightly out of place. These dysfunctional segments are called *vertebral subluxations*. This condition is corrected with specialized, gentle maneuvers called *chiropractic adjustments*.

Next, chiropractic care targets the specific joint involved. This may include gentle adjustment to or manipulation of the joint. It may also involve physiotherapy techniques or exercises custom tailored to the patient's unique circumstances. Ergonomic advice is also a common component of an ex-

tremity care plan.

Scientific evidence supports the use of chiropractic for extremity injuries. For instance, among a group of 30 patients with sprained ankles, researchers found that chiropractic ankle adjustments were superior to ultrasound therapy. Adjustments significantly reduced pain and increased ankle range of motion and function (*J Manipulative Physiol Ther* 2001;24:17-24).

Another study demonstrated that not only can chiropractic adjustments subdue knee pain, but they also help restore proper tracking to the kneecap (*J Manipulative Physiol Ther* 1990;13:539).

And, in another analysis, 24 patients with long-term elbow pain received either a placebo treatment or manipulative therapy. Findings showed "a significant and substantial increase" in the pain-free grip strength of 58 percent during treatment — but not during placebo or nontreatment phases (*Manual Therapy* 2001;6:205-12).

### Improve Overall Health

Scientific research indicates that chiropractic care improves the immune response, which may lead to superior health overall. One study looked at the effect of chiropractic adjustments on specific white blood cells associated with immune function. Known as polymorphnuclear neutrophils (PMN) and monocytes, these disease-busters help the body destroy unhealthy cells. The study revealed that "...polymorphnuclear neutrophils (PMN) and monocytes were enhanced in adults that had been adjusted by chiropractors." (*J Manipulative Physiol Ther* 1991;7:399-400.)

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Investigators also note that chiropractic care dramatically increases immune response in HIV-positive individuals. In one study, patients receiving adjustments had a 48 percent jump in CD4 cells (cells that play an essential role in immunity). However, test subjects who were not adjusted experienced a 7.69 percent drop in CD4 cells during the same six months (*Chiro Research Journal* 1994;3:1).

### **Combat Visceral Conditions**

Visceral conditions are disorders affecting the body's organs. While chiropractic is usually sought to ward off dysfunction of the muscles and bones, recent research supports patient testimonies that the benefits of chiropractic are wide sweeping — including possibly preventing visceral conditions.

For instance, findings show that chiropractic may help maintain normal blood pressure (*J Manipulative Physiol Ther* 1988;11:484-8).

Findings also suggest that chiropractic care may improve the likelihood of conception among women struggling with infertility (*JVSR* 2003:1-6).

Another study revealed that after undergoing chiropractic adjustments, 91 percent of patients with multiple sclerosis and 92 percent of patients with Parkinson's disease "showed symptomatic improvement and no further disease progression during the care period." (*JVSR* 2004:1-9.)

In one inquiry of 17 patients with the intestinal disorder Chron's disease, 12 enjoyed substantial relief from chiropractic care (*JVSR* 2002;4:2). Chiropractic also appears to ward off chronic constipation (*J Canadian Chiro Assoc* 2001;45:185-91).

Youngsters also benefit from regular chiropractic checkups. For instance, in a study of 46 children with ear infection, 93 percent recovered with chiropractic intervention alone. "This study's data indicate that limitation of medical intervention and the addition of chiropractic care may decrease the symptoms of ear infection in young children." (*J Manipulative Physiol Ther* 1996;19:169-77.)

Chiropractic has also been shown to help reduce bed-wetting (*J Manipulative Physiol Ther* 1994;17:596-600). And an analysis of 316 babies with colic found that 94 percent benefited from chiropractic care (*J Manipulative Physiol Ther* 1989;12).

In addition, 76.5 percent of children with asthma in one survey reported improvements from chiropractic (*Bull Eur Chir Union* 1978;26:17-34). Researchers also note that "chiropractic manipulation [adjustment] has the potential to become an important non-drug intervention for children with hyperactivity." (*J Manipulative Physiol Ther* 1989;12.)

### **Boost Athletic Performance**

Regular chiropractic care helps keep the entire body not merely pain-free but also in top physical form. That's why professional athletes like Aaron Rodgers and Tom Brady turn to chiropractic. Nearly all major professional sports teams work with doctors of chiropractic. Chiropractors tour with the PGA and LPGA. And doctors of chiropractic can be found caring for athletes at the Olympic games.

But you don't need to be an elite athlete to reap the performance-related rewards of chiropractic care. Recreational sports buffs enjoy bolstered functioning and reduced fatigue from chiropractic care. Chiropractic can help you get the most out of your workout whether you are a weekend golfer, daily runner, yoga enthusiast, occasional snowboarder or leisurely cyclist.

### **Bolster Cognitive Function**

Can chiropractic make you smarter? Research indicates that chiropractic adjustments promote cognitive function and may boost short-term memory.

In one study, 36 students were examined for signs of vertebral subluxations. Subjects received either chiropractic adjustments or placebo treatments. Volunteers were then timed to see how quickly they could differentiate between normal and mirror-reversed objects. Individuals receiving chiropractic adjustments improved their reaction time by 14.9 percent

during the experiment, while controls enhanced mental processing by only 8 percent (*J Manipulative Physiol Ther* 2000;23:246-51).

### **Be More Productive at Work**

Patients often report that chiropractic care enhances their productivity at work. This productivity boost stems from elevated energy and reduced fatigue. In addition, chiropractic wards off debilitating chronic pain.

"Chronic pain had a larger impact on work performance than has previously been recognized," researchers in Australia determined after analyzing the data from 484 study participants. "When both lost workdays and reduced-effectiveness workdays were summed, an average of 16.4 lost workday equivalents occurred in a six-month period, approximately three times the average number of lost workdays [for non-pain reasons]." (*Pain* 2003;103:41-7.)

According to an alarming article in the *Journal of the American Medical Association*, "Lost productive time from common pain conditions among active workers costs an estimated \$61.2 billion per year [in the United States]. The majority (76.6 percent) of the lost productive time was explained by reduced performance while at work and not work absence." (*JAMA* 2003;290:2443-54.)

### **Get the Big Picture**

More and more patients are giving up their narrow perception of chiropractic and discovering that this revolutionary holistic approach to health is for much more than back pain. If your friends or family have a "tunnel vision" of chiropractic, please share the research contained in this handout with them.

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