

The Wellness Express™

Jump on the train to good health

Issue 3, April 2012

Chiropractic from Head to Toe

Presented by: Total Health Systems

NECK PAIN

HOT OFF THE PRESS - Recent news results in the same conclusions as the old news: chiropractic is the most effective tool for neck pain!

According to a recent study¹, published in the *Annals of Internal Medicine*, chiropractic is still head and shoulders above medical options when it comes to the treatment of neck pain.

In this study, researchers randomly allocated 272 patients with acute or sub-acute neck pain (of 2-12 weeks duration, and minimal intensity of 3 out of 10) to one of three groups: chiropractic care, medical care (prescriptions) or home exercises with advice. Treatments were administered, as needed, for up to a maximum of 12 weeks.

Results were recorded at regular intervals, using several different assessment tools: subjective pain measures, self-report questionnaires and objective clinical examinations. When all the scores were tabulated, chiropractic was the overall winner! While only 13% of the patients seeking medical treatment reported a resolution of their neck symptoms, 32% of the

chiropractic patients discovered complete relief—chiropractic was **more than twice as effective** as medical care!

Chiropractic results were obtained in an average of only 6 patient visits over the 12-week period. Treatments included chiropractic adjustments (specific, manual mobilization or manipulation of restricted segments of the neck or upper thoracic spine), plus any/all of the following: light soft-tissue massage, assisted stretching and hot/cold packs. Medical treatments included prescriptions for symptoms, which usually comprised of Non-Steroidal Anti-Inflammatories, and/or Acetaminophen. Muscle-relaxants or narcotics were also occasionally prescribed when the first options were ineffective.

In a commentary on the study by ABC News², Dr. Lee Green, professor of family medicine at the University of Michigan commented: “Doesn’t surprise me a bit. Neck pain is a mechanical problem, and it makes sense that mechanical treatment works better than a chemical one.”

Exercise of the Week

Lunge Stretch

Difficulty: Easy

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

Start: Kneeling beside a chair, bring one foot forward so front leg is bent to 90 degrees. Use chair to help keep balance.

Exercise: Keeping spine vertically straight, push hips forward and down. Keep front knee positioned over ankle. Stop when you feel a light pull in front of hip (of leg positioned behind you). Hold for 30-60 seconds. Switch sides, and repeat 2X per side.



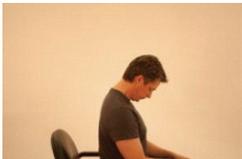
Presented by:



Self-mobilization, using exercises to increase spinal range of motion, was almost as effective as chiropractic treatments with respect to the subjective and objective results (30% reported a resolution of their neck pain within the same timeframe). However, the protocol was quite rigorous: it involved a series of seven exercises, including a total of 50 repetitions, to be performed 6-8 times per day!



Neck Neutral



Neck Flexion



Neck Extension



Neck Rotation
– Right



Neck Rotation
– Left



Assisted Stretch
– Start

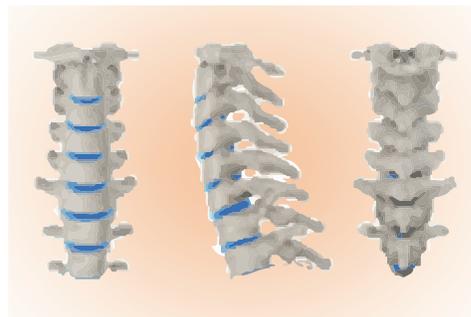


Assisted Stretch
– Finish

Don't most of us already find it challenging enough to try to commit to the recommended minimum amount of exercise needed to keep us relatively fit, which is a standard regimen of 30 minutes of moderate exercise, 3 times per week? Might it be a bit unreasonable to ask the average person to perform exercises 6-8 times daily?

If chiropractic and exercise are the two most effective tools to reduce neck pain, why don't we implement a combination of both? Chiropractic adjustments can often immediately reduce the painful pressure and irritation of joints, nerves and surrounding soft tissues caused by vertebral subluxations. To prolong the benefits of chiropractic care, stretching and exercising is a logical choice—as it can help to maintain a better state of relaxation in the nervous system, plus augment the strength and flexibility of the spine, which can aid in preventing painful misalignments and imbalances of the neck.

Regular chiropractic care, plus an ongoing regimen of stretches and exercises (at a reasonable frequency and duration), is your best bet for a healthy, pain-free neck!



Quote to Inspire

“The best mind altering drug is the truth”

Lily Tomlin

References and sources:

1. Bronfort G, Evans R, Anderson AV, Svendsen KH, Bracha Y, Grimm RH. Spinal Manipulation, Medication or Home Exercises with Advice for Acute and Sub-Ac Neck Pain. *Annals of Internal Medicine* 2012 (Jan.); 156(1): 1-10.

2. Forer, B. Neck Pain: Chiropractors, Exercise Better Than Medicine, Study Says. ABC News Blogs/Health/Medical Unit. Source: <http://abcnews.go.com/blogs/health/2012/01/04/neck-pain-chiropractors-exercise-better-than-medication-study-says/>

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