

# CHIROPRACTIC & HEALTH

A Natural Connection

February 2019

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## *Research Indicates Chiropractic Highly Effective for Disc Herniation and Sciatica*

Santilli V, Beghi E, Finucci S. Chiropractic manipulation in the treatment of acute back pain and sciatica with disc protrusion: a randomized double-blind clinical trial of active and simulated spinal manipulations. Spine J 2006; 6(2): 131-7

### QUOTE BOARD:

"Manipulations appeared more effective on the basis of the percentage of pain-free cases, radiating pain, number of days with pain, and number of days with moderate or severe pain."

"Patients receiving manipulations had lower mean VAS1 and VAS2 scores [visual analog scale for pain scores]."

"A significant interaction was found between therapeutic arm and time [the longer the time under care the greater the improvement]."

### Conclusion:

"Participants in the manipulation/exercise group demonstrated a significantly greater reduction in pain intensity and functional disability, as well as improved lumbar flexion and extension. After six months the manipulation/exercise group still demonstrated greater benefit than those in the ultrasound/exercise group for pain and disability."

### Key Concepts:

"Acute back pain and sciatica are major sources of disability, with impairment of daily living activities. Many medical interventions are available, but the results are conflicting."

"Spinal manipulations are widely used. The rationale for manipulation includes reduction of a bulging disc, correction of disc displacement, release of adhesive fibrosis surrounding prolapsed discs or facet joints and entrapped synovial folds or plicae, inhibition of nociceptive [pain signal] impulses, relaxation of hypertonic muscles, and unbuckling displaced motion segments."

### Key Take Home Points:

Time and again research shows that chiropractic adjustment/SMT is safer, more effective, and more cost-effective than any other treatment alternative.

The reason chiropractic adjustment/SMT is so much more effective than drugs, injections, surgery, and physical therapy modalities is because chiropractic adjustment/SMT is the only intervention capable of restoring segmental motion ("releasing adhesive fibrosis and unbuckling displaced motion segments") and restoring proper sensory-motor function ("inhibiting pain signals and restoring proper neuromuscular function and relaxing hypertonic muscles").

Chiropractic: it's not complicated but it's incredibly effective, safe, and cost-effective.