

# CHIROPRACTIC & HEALTH

## A Natural Connection

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### *Studies Show Better Outcomes With More Chiropractic Care: More Evidence That Missing Appointments Reduces Your Results!*

Haas, M. et al. (2014) Dose-Response and Efficacy of Spinal Manipulation for Care of Chronic Low Back Pain: A Randomized Controlled Trial. *The Spine Journal*. 2014; 14(7): 1106–1116.

Haas, M. et al. (2004) Dose-response for chiropractic care of chronic back pain. *The Spine Journal*. 2004; 4(5): 574–583.

#### QUOTE BOARD:

"At the 4-week follow-up, there was a substantial linear effect of patient visits favoring a larger number of treatments with spinal manipulation. That is, there was a mean of 5.7 points of improvement per additional 3 treatments (one visit per week). Compared with the group receiving 3 treatments, participants assigned 9 treatments had an 11.4-point advantage and those assigned 12 treatments showed a 17.1-point advantage in mean pain score improvement."

"[After 6 weeks of care]... the greatest differences from the no-manipulation control were found for 12 sessions..."

#### Conclusion:

"There was a positive, clinically important effect of the number of chiropractic treatments for chronic low back pain on pain intensity and disability at 4 weeks. Relief was substantial for patients receiving care 3 to 4 times per week for 3 weeks."

## Key Concepts:

This research shows that patients who receive less frequent care receive fewer benefits. Receiving less frequent care means you either take longer to feel and function better or, even worse, you may not receive enough care to restore proper motion, heal tissues, resolve inflammation, and feel and function better at all.

Chiropractic adjustments are like exercise sessions, each one builds on the previous and if there are not enough sessions, or if the interval between sessions is too long, proper healing and symptom resolution cannot occur.

## Key Take Home Points:

The unique effectiveness of chiropractic adjustments/SMT lies in the unique ability of chiropractic adjustments/SMT to restore proper segmental joint motion by gradually and incrementally breaking up scar tissue adhesions, resolving inflammation, and restoring proper neuromuscular function – this takes time and repetition!

It is imperative to stick to the appointment schedule your Doctor of Chiropractic recommends; the schedule of appointments is designed to provide the greatest possible benefit, in the least amount of time, for the least amount of expense. Keep your appointments!