



# Chiropractic

## HEALTH & WELLNESS



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### Book of the Month:

#### *The Four Agreements*

by Don Miguel Ruiz.

This book has been featured on Oprah, is an easy read and lays out 4 promises to keep with yourself that will lead you to personal freedoms that tend to get lost when we allow our lives to become to complicated.

### Quote of the Month:

*"We are what we repeatedly do. Excellence then, is not an act, but a habit."* ~ Aristotle

### Quick Facts:

- \$7.5 Billion is spent yearly on medication that is wrongly prescribed or improperly taken.
- 30-40% of all health services are dispensed inappropriately.



## Treating Headaches with Exercise and Manipulative Therapy

A clinical trial was conducted to determine the effectiveness of manipulative therapy and a low-load exercise program for treating cervicogenic headaches (headaches arising from the neck). In this study, 200 participants were placed into four groups with the primary outcome being a change in headache frequency. At the 12-month follow-up assessment, both manipulative therapy and specific exercise had significantly reduced headache frequency and intensity, and the neck pain and effects were maintained.

SOURCE: *Spine*. September 1, 2002; Vol. 27, No. 17, pp. 1835-1843

## Chronic Lower Back Pain Study

A study was conducted to compare lumbar extension exercise and whole-body vibration exercise for chronic lower back pain. 60 patients with chronic lower back pain were treated with either exercise or whole-body vibration. The results of the study concluded that significant and comparable reduction in pain sensation and pain-related disability was observed in both groups. Different types of exercise therapy tend to yield comparable results. Interestingly, well-controlled vibration may be the cure rather than the cause of lower back pain.

SOURCE: *Spine*. September 1, 2002; Vol. 27, No. 17, pp. 1829-1834.



## Using Massage to Treat Low-back Pain

Proponents of massage therapy claim it can minimize pain and disability and speed return-to-normal function for low back pain. The authors of this recent study researched other clinical trials to determine the effectiveness of massage therapy and found massage could be beneficial, especially when combined with exercises and education. More studies are needed and are underway to assess the effect of massage on return-to-work, and to measure longer term effects to determine cost-effectiveness of massage as an intervention for LBP.

SOURCE: *Spine*. September 1, 2002; Vol. 27, No. 17, pp. 1896-1910.