

ASHBY ADVISOR

Sixty-Eight edition
March 2013

Hope your year is going well and not making you too crazy. This Newsletter will focus on neck and back studies that back up what Chiropractors have said and other studies have said - we're still the best first option for most back and neck problems.

Low Back Pain:

The State of Oregon recently released their "Evidence Based Clinical Guidelines for the Evaluation and Management of Low Back Pain", which recommended Chiropractic as the only non-pharmacological treatment for lower back pain in the first 5 weeks of care. They actually placed Chiropractic Care ahead of pharmacological (drug) care in their flow chart of treatment!

Why was Chiropractic placed there? Numerous studies showed Chiropractic to be highly effective and because of the negative effects of drug interventions. (Acetaminophen, e.g. Tylenol is the leading cause of acute liver failure in the US with 140,000 poisoning cases and 56,000 ER visits per year and 100 deaths¹. NSAIDS add two billion in additional health care costs due to side effects and hospitalizations and cause up to 17,000 death annually in the U.S.^{2,3}

By the way:

Dr. Bob in his Men's Journal column for March 2013 warns you not to take ibuprofen before a hard workout or race - it can cause serious stomach problems. It mainly causes more intestinal leakage, flushing stuff into your blood that does not need to be there. Plus, studies showed no difference in soreness in cyclists who took it before exercise vs. those who did not.

Neck Pain:

The "Annals of Internal Medicine" did a study of 272 people with neck pain for 2-12 weeks and divided them into 3 groups.

1 - Regular Chiropractic Visits Group 2 - Medication Group 3 - Exercise Instruction Group

The results: The Chiropractic Group reported the highest percentage getting pain relief (48%) while the medication had a 33% getting relief. What was even better? The results followed up a year later. Over half the Chiropractic and Exercise groups still reported a 75% reduction in pain, while the medication group reported a 38% reduction in pain a year later.

So the best two methods for neck pain relief are Chiropractic and exercise instruction. Just what you get here! Guess we're "State of the Art" in some things at least.

Hope your year goes well. And if you need that neck or back "worked out", let us know.

1 - Cleveland Clinic Journal of Medicine, January 2010

2 - Therapeutic and Clinical Risk Management, 2009

3 - America Journal of Gastroenterology, 2005

Quote: "Seize the day before you seize up!" - Dr. Ashby