

In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Dr. Paul Milone

"The absence of alternatives clears the mind marvelously."

~Henry Kissinger

Spinal Manipulation and Home Exercise Better Than Medication For Neck Pain?

PLUS...

- **Are You Getting Enough Sleep? - By Dr. Michael Roizen**
- ***Inspirational Story Of The Month: Do You Tebow?***
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- ***If You Have Neck Pain Or Headaches, Then You Might Want To Read This!***

Marblehead – Ever wake up with a stiff neck? Or, have you given up on trying to look out the back window in your car because your neck hurts so much when you try?

If you suffer with neck pain, you probably take over-the-counter pain relievers. Most people with neck pain do. But, what if there was another way that not only worked better but also didn't have the side effects associated with those pain relievers? Would you be interested?

That's why you may be interested in new research published in January in the *Annals of Internal Medicine*.

Here's what the researchers discovered, according to Chiropractic Economics:

"Two-hundred-seventy-two patients aged 18 to 65 with nonspecific neck pain for two to 12 weeks were randomly assigned to receive SMT, medication, or home exercise with advice for 12 weeks. Up to one year after treatment, patients having 12 weeks of SMT

reported greater pain relief than patients in the medication group. Patients in the home exercise with advice group reported just as much pain relief as those in the SMT group over the same period. However, patients having SMT reported that they were more satisfied with care than those in either of the other groups.

"The researchers conclude that SMT and home exercise are similarly effective to each other and both are more effective than medication for neck pain." After reading this, you may be asking yourself...

What Is "SMT"?

SMT is "spinal manipulative therapy." Chiropractors often call SMT an "adjustment" and Chiropractors are well trained and the leaders in delivering SMT.

For a very long time, the medical community frowned upon SMT and Chiropractic. Not only was there a lack of research... some actually said SMT performed by Chiropractors was dangerous.

Over the years, this has changed. First, research was published that showed the safety and efficacy of SMT performed by Chiropractors.

Many open-minded and progressive medical doctors not only embraced SMT, they started referring to Chiropractors. Some even incorporated SMT into their practices.

It has been wonderful to see what was once called “quackery” accepted into mainstream medicine and smart doctors working hand-in-hand with Chiropractors to give patients the best possible treatments and care.

But, here’s something a little weird. The research on safety and efficacy mentioned a couple paragraphs back was for back pain, not neck pain. Even though the treatments (SMT) were the same and the structure (the spine) was the same, skeptics squawked that there was, “no proof.”

They said, “the neck is not the low back.” That’s why it is so nice to see research specifically designed for the neck showing the benefits of SMT. Maybe now more research will be done and more skeptics will be silenced. The more research, the better, and more doctors from different disciplines working together means more benefits to patients.

Do You Get “Phantom” Text Messages?

Technology can be wonderful. But, it can also cause problems. Technology has given us life-saving medical procedures and life-ending nuclear weapons.

Clearly, it’s all about how technology is used, which brings us to the immensely popular smart phones.

Smart phones can make your life easier and more enjoyable. Text messaging and email keep us in touch. But, is there a downside to all this constant connection?

Techworld reports that stress levels in smart phone users can become so pronounced that some people start experiencing “phantom vibrations” of non-existent text messages.

“University of Worcester Psychologist, Richard Balding, conducted psychometric tests on 100 employed and student volunteers, finding that those who checked their smart phones often were more likely to experience emotional stress.

“This was particularly true when the phones were being used in a work context, with users feeling pressure to check for messages in order to keep abreast of workflow.

“At its worst, as stress levels rose, workers would check their phones more often, creating a negative cycle in which a few even started believing that their phones were receiving alerts when no such alerts existed.”

With smart phones, the distinction between work and private time has all but disappeared. For many people, there is no more leaving work, work is always wherever you go... and so is the stress.

Stress May Cause Your Brain To SHRINK!!!

Think you have a big brain? Well, if you are stressed out, it might be shrinking. According to a January 13, 2012 article in the Baltimore Sun, *“A study by Yale University researchers found that stressful life events can reduce gray matter in regions of the brain that regulate emotion and important physiological functions in healthy people to brain structure changes associated with psychiatric disorders, such as addiction, depression and anxiety.*

Past studies have only linked stress...

“The researchers looked at MRIs of more than 100 healthy people. They found the changes soon after stressful events occurred and said the findings may serve as warning signals of future psychiatric disorders and chronic diseases, such as diabetes or hypertension.”

And don't forget, if you ever have any questions or concerns about your health talk to us. Contact us with your questions. We're here to help and don't enjoy anything more than participating in your lifelong good health.

Inspirational Story Of The Month
(Names And Details Have Been Changed To Protect Privacy)

Do You Tebow?

What you don't know about Tim Tebow's private life may change your opinion of the popular and controversial Denver Bronco's Quarterback.

It was projected to be the most watched football playoff game of all time. Who knows if it actually was? (It really doesn't matter.)

What matters is why such a prediction was made and who was responsible.

Even if you are not a football fan, you've probably heard the name Tim Tebow. If you are like most people, you either love him or hate him. Well, maybe not hate... just a large amount of dislike. There is no doubt he has been the center of controversy and media hype all season long.

Why? Tim Tebow was a first round draft pick in the 2010 NFL draft. He is the winner of two NCAA National Football Championships. He was the first-ever sophomore to win the Heisman Trophy. He was the winner of the Davey O'Brien Award as the nation's top college football player. He was the winner of the James E. Sullivan Award as the nation's most outstanding amateur athlete in any sport. This season, he brought the Denver Broncos to the playoffs in spectacular fashion by helping them win many last second games.

But, he is also the son of evangelical missionaries and he has openly displayed signs of his faith. One example is called "Tebowing." This is when Tim drops to one knee after scoring, symbolic of thanking Jesus.

What many people may be missing has nothing to do with football. Granted, winning football games can bring enjoyment to a lot of people's lives. But, what Tim Tebow does outside of football is much more important. With the money and fame from football, he will be able to do a whole heck of a lot more.

For example, it is easy to learn about Tebow's well-documented empathy and humanitarian efforts. On his official website (TimTebow.com), there's a link to The Tim Tebow Foundation – Bringing faith, hope and love to those needing a brighter day in their darkest hour of need.

There is also the story of Zack McLeod. Zack is a 20 year old former football player who suffered a traumatic brain injury at the age of 17 and was given only a 5% chance of surviving. But, he did survive... and his dream was to meet Tim Tebow. So, right before the most pressure-filled and important game of Tim's life (the previously mentioned playoff game against the New England Patriots), Tebow took time out and spent it with Zack and made Zack's dream come true.

In a USA Today article, Tim Tebow put it all in perspective: "We're playing a game, and you want to win, but you know that it's not the end of the world," Tebow says. "Even a bad loss on the football field is better than spending a day (recovering) in a hospital." How about this shockingly uncommon stance in today's world when athletes openly say they don't want to be role models: "Tim believes there is more to life than football," says foundation executive director, Erik Dellenback. Tebow does not imbibe, display rivers of tattoo ink on his sculpted physique or hang out in nightclubs. Home-schooled on a 44-acre farm outside Jacksonville, he is serious about personal responsibility.

"The biggest reason I don't (consume alcohol) is because (if I have) a glass of wine, I don't want to be responsible for a kid looking up to me and saying, 'Hey, Tebow's doin' it — I am going to do it.' And then he makes a bad decision. "Because, like it or not, it is serious," he says.

In the end, it's not about Tim Tebow's religion and whether you are the same faith as him or not. Instead, it's about what he does. So far, who can argue with that?

We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. :)

Did You Know?

Did you know salt has been used throughout human history, it's mentioned in the Bible, it's ubiquitous and it's also cheap. Mined from salt rocks and extracted from sea water, salt is... well, the "salt of the earth." You can't healthily live without it. At the same time, you can't live healthily with too much of it. Get the balance right – in your food and in your life – and salt is worth its own weight.

Here are 10 good uses for salt:

- 1) Deter ants... Sprinkle salt in doorways, on windowsills and anywhere else ants use to sneak into your house. It's a sure way to keep them out!
- 2) Kill grass and weeds growing in cracks in your driveway... Tired of weeding your driveway? Sprinkle salt on the grass and pour very hot water over it. Not only is this a highly effective way to kill unwanted plants, it's also eco-friendly and cheap.
- 3) Say goodbye to fleas... If your dogs have fleas, simply wash their doghouse and blankets in salt water. If you're worried your dogs may have brought fleas into your house, simply sprinkle your carpets lightly with salt and then brush it in. Leave it for 12 hours and thoroughly vacuum.
- 4) Pick up a dropped egg... If you drop an egg on the kitchen floor, sprinkle salt on the mess and leave it there for 20 minutes. You'll be able to wipe it right up.
- 5) Clean up oven spills quickly... If a pie or casserole bubbles over in the oven, pour a handful of salt on top of the spill. It won't smoke, smell and, most importantly, will bake into a crust that makes the mess easier to clean once it's cooled.
- 6) Clean brown spots off your iron... Simply sprinkle salt on a sheet of waxed paper, slide the iron across it and rub lightly with silver polish. Your iron will look like brand-new in no time.
- 7) Remove stains from your coffee pot... Fill it with 1/4 cup of table salt and a dozen ice cubes. Swish the mixture around and let it sit for half an hour. Then, fill it with cold water and rinse. Your coffee pot will look brand new.
- 8) Keep your windshield frost-free... Dip a sponge into salt water and rub it on windows, and they won't frost up... even when the mercury drops below zero.
- 9) Soothe a bee sting... Wet the sting right away and cover it with salt.
- 10) Stop a grease fire... Pouring salt on top of a grease fire will smother it - completely.

Tip Of The Month - How To Beat Germs At Their Own Game!!!

Just in case you don't know by now: **STRESS IS A KILLER**. It used to be theorized that people got sick because germs invading the body were very strong... stronger than the immune system. For example, it was believed that once you came in contact with the common cold, you would get sick. Now, modern doctors know the strength of the invaders... or germs... is only part of the story and many believe that is not even the most important part. On the contrary, another theory is that the body's immune system (unless you are genetically compromised) is stronger than most – if not all – invaders. Your body's immune system will fight off these germs and not get sick unless... and this is a very big unless... there is something weakening your immune system that helps the invaders and germs win. This can result from poor nutrition, lack of sleep, being over worked, etc.

One of the most common and detrimental things to weaken your immune system is **STRESS!!!** This is very important to understand because most people lead very stressful lives. Stress at work, stress from lack of a job, not enough money, relationships, etc. all subtly weaken the immune system. Many researchers believe these common stresses... over years and years... can lead to major illnesses like heart disease, diabetes and more. That's why it is important to learn (and practice) ways to relieve stress in your everyday life. There is no way to reduce **ALL** the stress in your life, so it is important to do what you can and learn to handle it in the best way possible.

Here are two great tips:

(1) Get away from the source of the stress. This makes sense, but it is often easier said than done. For example, if your main source of stress is your job, you probably can't just quit. But, it might be wise to start taking steps to make a change. Just taking positive steps in the right direction can help relieve stress.

(2) Take time each day to relax. This is something anyone can do... because you only need about 10 minutes and you can be anywhere. Some call it meditation, others just a little "me time." Whatever you call it, do it every day. You can daydream, visualize good things or take a nap. These 10 minutes a day can go a long way to relieve stress and help you live a more healthy life.

Remember, we're always here to help your body heal and maintain the health you deserve.

This information is solely advisory, and should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a healthcare professional who is familiar with your updated medical history. We cannot be held responsible for actions you may take without a thorough exam or appropriate referral. If you have any further concerns or questions, please call our office at 781-639-0808.

Article By Dr. Michael Roizen

The Most Important Principles For Staying Young: Are You Getting Enough Sleep?

Dr. Michael F. Roizen

**Co-Author of 4 #1 NY Times Bestsellers including: YOU Staying Young.
The Owner's Manual For Extending Your Warranty (Free Press)**

Our basic premise is that your body is amazing: You get a do over: it doesn't take that long, and isn't that hard if you know what to do. In these notes, we give you a short course in what to do so it becomes easy for you and then to teach others. We want you to know how much control you have over your quality and length of life

We talk about personal hygiene in a lot of contexts, but most people don't talk about sleep hygiene—that is, creating the perfect sleep environment. The truth is that you need to set the perfect environment for sleep.

A cool, dark room is the ideal environment. The temperature and darkness signal the pineal gland to kick up melatonin production and knock you out.

There should be no laptops, no TV, and no food in bed. Ideally, the bed is used for sleep and sex only; it's not an office or a restaurant.

Add white noise. Use a fan for background noise, or one of those machines that lets you pick sounds, from the rain forest to the ocean. This drowns out other noises that might keep you up.

Dim your lights a little while before bed to avoid the stimulation caused by artificial light pollution.

Don't store your cell phone under your pillow or near your bed. You'll wake with every text message buzz and never get any quality sleep. More important, the radiation from the phone may cause abnormalities in your brain DNA.

Be consistent. Your body clock loves it when you follow a predictable schedule. Even on the weekends, try to rise within an hour (at most, two) of when you have to get up on weekdays, even if that means you need a power nap later.

Other interrupters of quality sleep include caffeine and alcohol, with the interruption of the sleep cycle contributing to the "hangover" that many experience. Don't forget about nicotine, which is another long-acting drug. Cigarettes or chewing tobacco used anytime in the day can still keep you awake at night.

Now, a quick tip --My Roizen's Rule for a Younger You tip: What you choose to eat today affects your sleep tonight! For the best sleep, focus on foods that increase your tryptophan and have cinnamon. Tryptophan is an essential amino acid that converts to serotonin in your brain. Serotonin helps to regulate your mood and enhances your sleep. You can get tryptophan in lean meats, such as turkey and chicken breast (skip the skin), soybeans and fish (not fried). You'll also want to add cinnamon (it fosters sleep) and avoid foods that may disrupt your sleep cycle, especially saturated fat (yes, forego cheesy fries, hamburgers and wings), as these take longer to digest and may decrease your likelihood of getting plenty of ZZZs.

Twenty-five percent or so of North Americans say sleep problems inhibit their work performance, and they want medication to help. If you are suffering from insomnia not related to poor sleep hygiene or food choices, ask your doc first about possibly taking a melatonin supplement to help get you on the right track. Other medications are available, but this seems least habit forming, and may work for you.



3 Great Exercises!

Because carpal tunnel syndrome (CTS) is technically a tendonitis that happens to be near a nerve (the median nerve), one treatment option for CTS is to manage the tendonitis and by doing so, the pressure on the median nerve will resolve. Also, because the movement of the hand and wrist are controlled by opposite functioning muscles (that is, when we flex the wrist and fingers, the palm side tendons are doing the job and when we extend the wrist/fingers, the back of the forearm and hand tendons are doing the work), these opposite functioning actions need to be balanced. Moreover, if the muscles on one side of the forearm are tight and inflamed, very often so are the muscles on the opposite side.

Therefore, an exercise program for the forearm and hand should include BOTH sides, not just the flexor or palm side of the forearm/hand where the carpal tunnel is located. Perform these exercises multiple times a day for 3-10 second hold times. You can modify #2 and #3 by NOT using the opposite hand to pull but rather, simply make the movement without the opposite hand assisting in the stretch. That way, you can perform BOTH at the same time IF your time is short (such as when performing these during a busy work day, for example).

1	Thumb Stretch	A. Grab your thumb in a fist B. Bend wrist down to feel the stretch in the thumb & wrist.		
2	Carpal Stretch	A. Place the palm flat on wall, fingers point down (elbow straight). B. Reach across and pull the thumb back. Feel pull on palm side forearm.		
3	Extensor Stretch	A. Make a fist (elbow straight). B. Reach under and pull back on the fist. Feel the pull on the top forearm.		

Feel for the stretch where the arrows are pointing – it should be a “good” hurt/stretch!

We realize you have a choice in who you choose to provide your healthcare services. If you, a friend or family member requires care for low back pain, we sincerely appreciate the trust and confidence shown by choosing our services and look forward in serving you and your family presently and, in the future.

The Challenge of Treatment

Fibromyalgia (FM) is a disorder involving chronic pain that has no known cause. It is characterized by widespread musculoskeletal pain, sleep disturbance, fatigue and mood disorders. FM affects about 2% of the US population and ranges between 1% and 11% in other countries. It is more prevalent in adult women than men (3.4% vs. 0.5%) and is most common with increasing age with the highest occurrence between 60-79 years of age. The criteria for the diagnosis of FM was established in 1990 by the American College of Rheumatology as widespread pain of at least 3 month duration and pain on palpation (pushing with the fingers) of at least 11 of 18 specific tender sites on the body. Pain, fatigue and sleep disturbance are observed in all patients with FM. Additional features can include: stiffness, skin tenderness, post-exertional pain, irritable bowel syndrome, cognitive disturbances, overactive bladder syndrome or interstitial cystitis, tension or migraine headaches, dizziness, fluid retention, paresthesias (numbness), restless legs, Reynaud's phenomenon (white finger disease), and mood disturbances. FM is also strongly associated with anxiety, depression, chronic fatigue syndrome, myofascial pain syndrome, hypothyroidism, and many of the inflammatory arthritic diseases. Though there are no specific tests for FM, neurotransmitter deregulation including serotonin, norepinephrine, and substance P, result in an abnormal sensory processing in the brain and spinal cord. This results in a lower pain threshold commonly seen in FM.

The treatment of FM may be best looked at from 3 specific goals which include: 1. Alleviate pain; 2. Restore sleep; and 3. Improve physical function. Thus the most successful approach to the treatment of FM has been reported to be multidisciplinary or, involving several different types of health care providers. Clinical tools often used by doctors to monitor symptom change include a 0-10 pain scale, a body function scale called the Fibromyalgia Impact Questionnaire (FIQ) which measures physical function, common FM symptoms and general well-being; and, for measuring the physical and emotional side of FM, the SF-12 or SF-36 (SF = "short form" and either a 12 or a 36 item tool). The use of these tools helps monitor the success of the treatment that is being applied to the patient.

Though medications are reported as an important treatment option (such as an anti-inflammatory, analgesic, anticonvulsant, hypnotic, corticosteroids, opiates, various injections and more), the focus of this discussion is aimed at the alternative or complementary treatment approaches, as many FM patients cannot tolerate the side effects of the many different medications. Alternative approaches include cognitive behavioral therapy (counseling), exercise (strength & flexibility), acupuncture, and chiropractic treatment approaches, particularly manipulation but also soft tissue therapies and guided exercise training. Physiological therapeutic approaches frequently used in chiropractic clinics include low-power laser therapy, hydrotherapy such as whirlpool, Balneotherapy – using minerals and oils in the moving water, pulsed electromagnetic field, traction and massage therapy. Another exercise approach that can have great value in managing stress and facilitating sleep is Yoga. The key to a successful treatment outcome requires finding a "team" of health care providers that are willing to listen to the patient and work together to improve the patient's quality of life. Through this concerted team approach, in addition to the patient taking responsibility by performing exercises on a regular basis, following a proper diet, and getting adequate restful or restorative sleep, FM can be quite well "controllable" and, a relatively "normal" lifestyle can be enjoyed.

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Neck Pain & Headaches & The “Power of Placebo”

We have all heard about the “placebo effect” and the “power of positive thinking.” A placebo, according to Wikipedia, is “...a simulated or otherwise medically ineffectual treatment for a disease or other medical condition intended to deceive the recipient.” When a placebo is used, it will sometimes have a perceived beneficial effect. When this occurs, it is referred to as “the placebo effect.” Placebos are commonly used in research where one group will be given the “real” treatment, another a “placebo” and a third group will be given nothing at all. The evaluators are usually blinded as to who received which of the 3 approaches. The group receiving the placebo is carefully compared to the other 2 groups (the real treatment group and the no treatment group). Common placebos include inert tablets (sugar pills), sham treatment (which may include surgery, detuned electrical stimulation, sham acupuncture, sham manipulation, and many more). What is compelling and interesting is that the placebo often has a surprisingly positive effect on the patient’s symptoms and because of this, research is quite extensive trying to figure out why even placebos can benefit patients.

The phrase, “...the power of positive thinking” has also been around a long time. Again, studies have shown that when a patient’s treatment plan is presented in a detailed fashion with a “positive spin” compared to when the health care provider seems skeptical that it might help, the results favor the positive presentation. Call it what you will – the power of positive thinking, faith, hope - it does appear to be an important part of the formula to obtain a positive outcome from treatment, any treatment.

When considering the placebo effect of chiropractic, specifically cervical manipulation and its effect on neck pain and headache, a landmark study published by medical doctors revealed significantly greater benefits of cervical manipulation for acute, as well as subacute and even chronic (pain > 3 months) neck pain when compared to other forms of treatment (muscle relaxants or “usual medical care”). They reported that the highest quality study demonstrated that spinal manipulation benefits patients with tension-type headaches. They also reported that the complication rate for cervical spine manipulation is low, estimated to be between 5-10 per 10 million manipulations. Another very supportive study looked at the immediate effects from only one cervical spine manipulation (CSM) using objective instruments that measured pain (algometry) and strength (grip strength dynamometer) on patients with elbow tendonitis pain (lateral epicondylitis). The patients received either CSM or a “sham” method they refer to as “manual contact intervention” or MCI. The “real” treatment group (CSM) showed a significant increase in grip strength and reduced pain compared to the MCI/sham group.









The “take-home” message here is clear. Cervical spine manipulation was found to be superior to sham manual treatment (placebo), as well as muscle relaxers, or “usual medical care” for neck pain and headaches. Second, cervical manipulation clearly out performed the placebo effect in patients with elbow pain. Simply put, chiropractic works!

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The Whiplash Syndrome: Ringing in the Ears

Whiplash can result from a number of causes, not just from motor vehicle accidents. A fall on the ice or a slippery floor, from a sports related injury, or even at the county fair on one of those rides that throws you around can result in the same type of injury. Whiplash occurs when the head is literally “whipped” either forwards and backwards or from side to side. It can include hitting the head but often does not. Symptoms vary considerably and therefore the term, “whiplash associated disorders” or WAD has been adopted, based on the clinical presentation of the patient and on the specific tissues injured. Common symptoms include neck pain, loss of motion, headache and sometimes arm pain or numbness resulting in difficulty driving, working, sleeping and concentrating.

Spinal manipulation of the neck has been found to be highly effective in the treatment of whiplash or WAD, and hence, Chiropractic is often the recommended first order of treatment for patients suffering from this condition. We have previously discussed the steps involved when presenting to a chiropractic clinic, from taking a detailed history and performing a thorough physical examination, and well as the many types of treatment options that exist. Exercise is one of the most important forms of treatment as they can and should be performed multiple times a day as directed by us, so that a return to normal function with no pain can occur as quickly as possible. Presented here are a few VERY EFFECTIVE exercises that we frequently give to patients suffering from WAD:

1	Posture Correction	A. Arch the back. B. Retract the shoulders and tuck in the chin. Hold for 10-30 sec. & repeat.			
2	Chin Retractions	A. Sit properly. B. Place your finger next to the chin. C. Retract head & hold 10 sec. & repeat.			
3	Neck Strength Exercises	A. Rotate RT using 10% Max. B. Repeat to LT hold 5 sec.			Repeat this moving the head Forwards, backwards, & sideways in a similar way!*

*For #3, ALWAYS apply a push or resistance with your hand through the FULL range of comfortable motion in that plane. That means, in one direction let the head “win” (like in arm wrestling) and when moving in the opposite direction, let the hand “win,” (but don’t let up pushing with the head). In other words, you are ALWAYS resisting against the movement in both directions moving as far as you can in both directions.

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Maintenance Chiropractic for Chronic Low Back Pain

When people think of chiropractic, they immediately think of low back pain and are often surprised to find out that chiropractic can benefit many conditions such as carpal tunnel syndrome, tennis elbow, rotator cuff tears, as well as hip, knee, and ankle conditions. There is also research support for manipulation (a key component of chiropractic) and its role in managing “somatovisceral” related conditions such as pneumonia, dizziness, stage 1 hypertension, PMS, asthma, colic, and bed wetting.

Research clearly shows that chiropractic manipulation out performs other forms of treatment for acute, subacute and chronic low back pain. But, the question remains, can “maintenance chiropractic” PREVENT problems down the road? Ironically, two medical doctors in August of 2011 published an article in a leading medical journal (SPINE) entitled, “Does maintained spinal manipulation therapy for chronic nonspecific low back pain result in better long-term outcome?” The study’s objective was to determine if treating chronic low back pain patients (pain >6 months) after a course of 12 treatments in the first month would do better, the same or worse if treatments were continued at 2-week intervals for an additional 9 months. They compared 3 groups of patients: 1.) 12 treatments of “sham” (placebo) manipulation over a 1-month period. 2.) 12 treatment of “real” spinal manipulative therapy (SMT) for 1 month but no treatments for the subsequent 9 months. 3.) The same as #2 but with treatments every 2 weeks over the next 9 months. To determine the differences between these 3 groups, the authors measured pain and disability scores (using questionnaires), generic health status (questionnaire), and back-specific patient satisfaction (questionnaire) at 1, 4, 7 and 10-month intervals.

The results showed that groups 2 (SMT for 1 month only) and 3 (SMT for 1 month + every 2 weeks for 9 months) had significantly lower pain and disability scores than the 1st group (sham/placebo group) at the end of the 1st month or, 12 visits. However, only group 3 (treatments were continued for 9 months at 2 week intervals) showed more improvement in pain and disability scores at 10 months. Equally important, the scores for the non-maintained group 2 patients returned to near their pre-treatment levels by month 10!

The authors concluded that not only is spinal manipulative therapy effective for chronic low back pain, but more importantly, REGULAR ADJUSTMENTS EVERY 2 WEEKS after the initial course of concentrated care (3x/week for 4 weeks) was needed, “...to obtain long-term benefit,” suggesting that, “...maintenance SM after the initial intensive manipulative therapy,” is appropriate care to obtain long-term results.

This study FINALLY supports the recommendations made by chiropractors for many years –regular adjustments are beneficial to obtain a higher quality of life, less pain and less disability!

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