

[IMAGE]

More than Low Back Care?

Far too many people still believe that chiropractic care isn't necessary unless they're suffering excruciating low back pain. The millions who do receive regular adjustments know that chiropractic can resolve their back pain, and they may also be learning about the potential nonmusculoskeletal benefits.

Take as an example the patients in a recent study in the *Journal of Manipulative and Physiological Therapeutics*. Twenty consecutive patients from each of 87 Swedish chiropractor's offices (1,504 total patients) completed questionnaires within two weeks of previous treatment. The questionnaires documented numerous reported improvements in nonmusculoskeletal symptoms, including:

- easier to breathe (98 patients);
- improved digestive function (92 patients);
- clearer/better/sharper vision (49 patients);
- improved circulation (34 patients);
- less ringing in the ears (10 patients);
- acne/eczema better (8 patients);
- dysmenorrhea (painful menstruation) better (7 patients);
- asthma/allergies better (6 patients).

The number of spinal areas adjusted was also related to the number of positive reactions. Fifteen percent of patients reported positive reactions after having a single area adjusted; 35% of patients reported positive reactions after having four areas adjusted. Overall, 23% of chiropractic patients reported experiencing positive changes in symptoms that were not musculoskeletal in nature.

Have you experienced nonmusculoskeletal benefits following chiropractic care, and if so, have you told your doctor of chiropractic? Always report any reactions (good or bad) you experience during or following an adjustment.

Reference:

Leboeuf-Yde C, Axen I, Ahlefeldt G, et al. The types and frequencies of improved nonmusculoskeletal symptoms reported after chiropractic spinal manipulative therapy. *Journal of Manipulative and Physiological Therapeutics*, Nov./Dec. 1999: Vol. 22, No. 9, pp559-64.

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