

[IMAGE]

Chiropractic: Not Just for Back Pain

Chest pain, known medically as angina, affects over 6 million Americans every year. These frightening attacks can be brought on by physical overexertion or stress. In a study performed in Denmark, positive results were shown in patients with stable angina after a four-week session of chiropractic adjustments.

Fifty of the 275 participants were diagnosed with cervicothoracic angina (CTA – chest pain originating from the spine and thorax) and placed into the treatment group. The remaining 225 patients who were CTA-negative made up the control group. Participants filled out a questionnaire that recorded their level of pain and overall quality of life. Members of the control group also filled out the questionnaire, but were not offered chiropractic care.

The same chiropractor provided eight treatments to each patient over a four-week period, accompanied by trigger-point therapy, manual pressure and deep stroking massage. After the final treatments, the same questionnaire was given to the patients.

Approximately 75 percent of the participants in the treatment group reported an improvement, compared to only approximately 25 percent in the control group. The researchers still feel more studies need to be performed on this subject.

While these findings are preliminary, they definitely support continuing research suggesting chiropractic can benefit more than just low back pain. To find out more about the benefits of chiropractic, talk to a DC in your area. Having trouble finding the right chiropractor for you? Use our ChiroLocator at www.chiroweb.com/locator.

Reference:

Christensen H, Vach W, Gichangi A, et al. Manual therapy for patients with stable angina pectoris: a nonrandomized open prospective trial. *Journal of Manipulative and Physiological Therapeutics*, November 2005;28(9):654-661.

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