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Chiropractic Research Roundup

When reading reports on new research, it is important to remember that no single study should be seen as providing the whole truth. The following reports offer helpful clues but in most cases further research is needed before firm conclusions can be drawn.

Manipulation of Thoracic Spine May Help Neck Pain

Forty-five patients were randomly assigned to either a control group, which received electrothermal therapy for 5 treatment sessions, or the experimental group, which received the same electrothermal therapy program in addition to a thoracic spine thrust manipulation once a week for 3 consecutive weeks. The group receiving manipulation achieved greater improvement on all outcome measures, which included pain (visual analogue scale), disability (100-point disability scale), and cervical range of motion.

Gonzalez-Iglesias J, Fernandez-de-las-Penas C, Cleland JA, Gutierrez-Vega Mdel R. Thoracic spine manipulation for the management of patients with neck pain: a randomized clinical trial. *J Orthop Sports Phys Ther.* Jan 2009;39(1):20-27.

Chiropractic Broadens Effects of Resistance Training in Women with Fibromyalgia

Resistance exercise training (RES) was compared to resistance training plus chiropractic care (RES-C) in a clinical trial involving 48 women with fibromyalgia. Both groups completed 16 weeks of RES consisting of 10 exercises performed two times per week. RES-C received RES plus chiropractic treatment two times per week. Strength was assessed using the chest press and leg extension. Fibromyalgia (FM) impact was measured using the FM impact questionnaire, myalgic score, and the number of active tender points. Functionality was assessed using the 10-item Continuous Scale Physical Functional Performance test. There were similar improvements in FM impact in both groups. Both groups improved in the strength domains; however, only RES-C significantly improved in the pre- to post functional domains of flexibility, balance and coordination, and endurance.

Panton LB, Figueroa A, Kingsley JD, et al. Effects of resistance training and chiropractic treatment in women with fibromyalgia. *J Altern Complement Med.* Mar 2009;15(3):321-328.

Graham N, Gross A, Goldsmith CH, Klaber Moffett J, Haines T, Burnie SJ, Peloso PM. Mechanical traction for neck pain with or without radiculopathy. *Cochrane Database Syst Rev* 2008:CD006408.