



The Evidence Based
CHIROPRACTOR

Top 10 Chiropractic Research Studies

The best chiropractic studies all in one spot.



made with

Beacon

Welcome!

Inside this report you will find a collection of the best chiropractic research studies ever produced.

Research, research, research.

Listen, we all know that chiropractic works. We see it everyday in practice. We see patients coming in to our practice with serious problems and walking out happier and healthier as a result of a chiropractic adjustment. So what do we need the research for?

Let me tell you a little {true} story.

I travel a lot to speak at chiropractic conferences. Often, I have the privilege of presenting the latest and greatest in chiropractic research.

Often, I review an array of award winning chiropractic papers.

- Chiropractic outperforming medications.
- Chiropractic outperforming injections.
- Chiropractic outperforming surgery.

And then it gets real. I ask, "How many of you (the chiropractors in attendance) have heard of this paper?"

Invariably in a room of 250 chiropractors a single hand may go up.

Yikes.

Now here's the thing. It's not their, or your fault. It's busy in practice!

But, how do we expect other health care providers, or even our patient's to

know about the wonders of chiropractic care (and the research supporting it) if we aren't keeping up with it ourselves?

Well, that is exactly why I created this report. Its a cheat-sheet to the top 10 Chiropractic research papers ever produced. This is information your patients, your prospects, and other health care providers in your community need to know.

Let's get started...

JEFF LANGMAID

Chiropractor, Speaker, Author, Founder, Action-Taker

Hi! I'm Jeff- a chiropractor, writer, speaker, and all around tech-savy guy.

How did I get started?

My great-grandfather was a chiropractor in the 1920's, so I guess you could say that chiropractic is in my blood. But, just like those early pioneers in chiropractic that were exploring new ground; I believe we are at a new tipping point , a new crossroads, and have huge new opportunity in front of us.

Let's Change Some Lives...

So, with a ton of passion to help chiropractors grow, I founded [The Evidence Based Chiropractor](#). Over the past few years I have been fortunate to impact thousands of chiropractors around the world. How? I take the best chiropractic research and put a complete marketing system behind it so that chiropractors can build referral relationships with other healthcare providers in their community.

It makes sense right?

But, I don't like to sit still. I was desperate to reach even more chiropractors and make an even bigger impact.

So I decided to start [The Evidence Based Chiropractor Podcast](#) (weekly research and marketing in the time it takes to get your office), [The Evidence Based Chiropractor YouTube Channel](#) (for, well you know...videos), [The](#)

Smart Chiropractor (research based social media marketing), and I wrote a book.

You can find me traveling, speaking at chiropractic conferences, attending tech events, creating chiropractic content, hanging out with my family, playing music, and surfing (at least whenever we get waves in Florida).

Thank you for reading and paying attention. Now, let's go make a ruckus,

Jeff

Safety First

SPINE Volume 32, Number 21, pp 2375-2378
©2007, Lippincott Williams & Wilkins, Inc.

■ Safety of Chiropractic Manipulation of the Cervical Spine

A Prospective National Survey

Haymo W. Thiel, DC, PhD,* Jennifer E. Bolton, PhD,* Sharon Docherty, PhD,*
and Jane C. Portlock, PhD†

19,722 Patients Over 50,000 Adjustments 0 Serious Adverse Events

Stroke?

Eur Spine J (2008) 17 (Suppl 1): S176-S183
DOI 10.1007/s00586-008-0634-9

■ **Risk of Vertebrobasilar Stroke and Chiropractic Care** Results of a Population-Based Case-Control and Case-Crossover Study

J. David Cassidy, DC, PhD, DrMedSc,*†‡ Eleanor Boyle, PhD,* Pierre Côté, DC, PhD,*†‡§
Yaohua He, MD, PhD,* Sheilah Hogg-Johnson, PhD,†§ Frank L. Silver, MD, FRCPC,¶||
and Susan J. Bondy, PhD†

9 year study

"We found no evidence of excess risk of VBA stroke associated chiropractic care to primary care."

Neck Pain

IMMEDIATE CHANGES IN NECK PAIN INTENSITY AND WIDESPREAD PRESSURE PAIN SENSITIVITY IN PATIENTS WITH BILATERAL CHRONIC MECHANICAL NECK PAIN: A RANDOMIZED CONTROLLED TRIAL OF THORACIC THRUST MANIPULATION VS NON-THRUST MOBILIZATION



Jaime Salom-Moreno, PT, PhD,^a Ricardo Ortega-Santiago, PT, PhD,^a Joshua Aland Cleland, PT, PhD,^b María Palacios-Ceña, PT,^c Sebastian Truyols-Domínguez, PT, PhD,^d and César Fernández-de-las-Peñas, PT, PhD^a

"...the most likely hypotheses for spinal thrust manipulation to act through the stimulation of descending inhibitory mechanisms..."

"...individuals who received thoracic thrust manipulation experienced significantly great reductions in neck pain as measured by the Numerical Pain Rate Scale at the 1-week follow up."

Nerve Root Injections

SYMPTOMATIC MAGNETIC RESONANCE IMAGING–CONFIRMED LUMBAR DISK HERNIATION PATIENTS: A COMPARATIVE EFFECTIVENESS PROSPECTIVE OBSERVATIONAL STUDY OF 2 AGE- AND SEX-MATCHED COHORTS TREATED WITH EITHER HIGH-VELOCITY, LOW-AMPLITUDE SPINAL MANIPULATIVE THERAPY OR IMAGING-GUIDED LUMBAR NERVE ROOT INJECTIONS

Cynthia K. Peterson, DC, MMed, Ed,^a Serafin Leemann, DC,^b Marco Lechmann, BMed,^c Christian W.A. Pfirmann, MD, MBA,^d Juerg Hodler, MD, MBA,^e and B. Kim Humphreys, DC, PhD^f

"A systematic review of the literature done the next year concluded that spinal manipulation is a very safe and cost-effective option to treat lumbar disc herniation."

"Both of the treatment groups had significant decreases in their NRS scores at 1 month with a 60% reduction for the Spinal Manipulative Therapy cohort and a 53% reduction for the Nerve Root Injection group."

PT or Chiropractic

Eur Spine J (2006) 15: 1070–1082
DOI 10.1007/s00586-005-0021-8

ORIGINAL ARTICLE

Maruti Ram Gudavalli
Jerrilyn A. Cambron
Marion McGregor
James Jedlicka
Michael Keenum
Alexander J. Ghanayem
Avinash G. Patwardhan

A randomized clinical trial and subgroup analysis to compare flexion–distraction with active exercise for chronic low back pain

“...subjects randomly allocated to the flexion-distraction group had significantly greater relief from pain than those allocated to the exercise program.”

“...a greater decrease in VAS among patients with radiculopathy should be expected for the flexion-distraction group where changes in disc pressure may be most important.”

Adding Chiropractic to Standard Medical Care

Spine

SPINE Volume 38, Number 8, pp 627-634
©2013, Lippincott Williams & Wilkins

RANDOMIZED TRIAL

Adding Chiropractic Manipulative Therapy to Standard Medical Care for Patients With Acute Low Back Pain

Results of a Pragmatic Randomized Comparative Effectiveness Study

Christine M. Goertz, DC, PhD,* Cynthia R. Long, PhD,* Maria A. Hondras, DC, MPH,* Richard Petri, MD,† Roxana Delgado, MS,‡ Dana J. Lawrence, DC, MMedEd, MA,§ Edward F. Owens, Jr, MS, DC,¶ and William C. Meeker, DC, MPH||

"There was a statistically and clinically significant benefit to those patients receiving chiropractic manipulative treatment..."

"73% of participants in the SMC plus CMT group rated their global improvement as pain completely gone, much better, or moderately better, compared with 17% in the SMC group."

The Award Winning CHIRO Study



The Spine Journal 10 (2010) 1055–1064



2010 Outstanding Paper: Medical and Interventional Science

The Chiropractic Hospital-based Interventions Research Outcomes (CHIRO) Study: a randomized controlled trial on the effectiveness of clinical practice guidelines in the medical and chiropractic management of patients with acute mechanical low back pain

Paul B. Bishop, DC, MD, PhD^{a,b,*}, Jeffrey A. Quon, DC, PhD, FCCSC^c,
Charles G. Fisher, MD, MHSc, FRCSC^{a,b}, Marcel F.S. Dvorak, MD, FRCSC^{a,b}

^aInternational Collaboration on Repair Discoveries (ICORD), 6110-515 West 10th Ave., University of British Columbia, Vancouver, British Columbia, Canada V5Z 1M9

^bCombined Neurosurgical and Orthopaedic Spine Program, Division of Spine, Department of Orthopaedics, Vancouver Hospital and Health Sciences Centre, University of British Columbia, Vancouver, British Columbia, Canada V5Z 1M9

^cSchool of Population and Public Health, Faculty of Medicine, University of British Columbia, Vancouver, British Columbia, Canada V6T 1Z3

Received 13 January 2010; revised 23 July 2010; accepted 22 August 2010

2010 Outstanding Paper: Medical and Interventional Science

“The evidence-based care group demonstrated significantly greater improvements in reported function through 6 months follow up.”

“The results of this study demonstrated that in equivalent groups of patients with Acute Low Back Pain of less than 4 weeks duration, carefully controlled and comprehensive clinical practice guideline based care was associated with greater improvement...”

“This study follows two previous studies conducted by our group that demonstrated that treatments commonly recommended by primary care physicians are often highly guideline discordant, and other studies have

demonstrated that PCP's are highly resistant to changing their patters of practice for managing patients..."

"highly guideline discordant"

"highly resistant to change"

NSAID's or Adjustments?

Spine

SPINE Volume 38, Number 7, pp 540-548
©2013, Lippincott Williams & Wilkins

RANDOMIZED TRIAL

Spinal High-Velocity Low Amplitude Manipulation in Acute Nonspecific Low Back Pain

A Double-Blinded Randomized Controlled Trial in Comparison With Diclofenac and Placebo

Wolfgang J. von Heymann, Dr. Med,* Patrick Schloemer, Dipl. Math,† Juergen Timm, Dr. RER, NAT, PhD,† and Bernd Muehlbauer, Dr. Med*

"This is the first time that spinal manipulation was investigated in a double-blinded randomized controlled design showing clear superiority compared with placebo and NSAID."

"HVLA manipulation can be recommended for the therapy of acute nonspecific LBP."

"Final evaluation showed manipulation being significantly better than NSAID and clinical superior to placebo."

Maintenance Care

Spine

SPINE Volume 36, Number 18, pp 1427–1437
©2011, Lippincott Williams & Wilkins

RANDOMIZED TRIAL

Does Maintained Spinal Manipulation Therapy for Chronic Nonspecific Low Back Pain Result in Better Long-Term Outcome?

Mohammed K. Senna, MD, and Shereen A. Machaly, MD

"Nonspecific LBP represents about 85% of LBP patients seen in primary care. About 10% will go on to develop chronic, disabling LBP."

"This study confirms previous reports showing the SM is an effective modality in chronic nonspecific LBP especially for short term effects."

"...as patients did benefit from the maintenance treatments, we believe that periodic patient visits permit proper evaluation, detection, and early treatment of an emerging problem, thus preventing future episodes of LBP."

Referral Patterns of PCP's

Referral patterns and attitudes of Primary Care Physicians towards chiropractors

Barry R Greene*¹, Monica Smith², Veerasathpurush Allareddy¹ and Mitchell Haas³

Address: ¹Department of Health Management and Policy, College of Public Health, The University of Iowa, Iowa City, Iowa, USA, ²Palmer Center for Chiropractic Research, Davenport, Iowa, USA and ³Western States Chiropractic College, Portland, Oregon, USA

Email: Barry R Greene* - barry-greene@uiowa.edu; Monica Smith - monica.smith@palmer.edu; Veerasathpurush Allareddy - vallared@mail.public-health.uiowa.edu; Mitchell Haas - mhaas@wschiro.edu

* Corresponding author

Published: 01 March 2006

BMC Complementary and Alternative Medicine 2006, **6**:5 doi:10.1186/1472-6882-6-5

Received: 22 September 2005

Accepted: 01 March 2006

85% of reported patients inquired about chiropractic

75% patients request a chiropractic referral

25% PCP referred to a chiropractor

11% PCP initiates formal referral to chiropractor



The Evidence Based
CHIROPRACTOR

Ready for
more new
patients?

[Click Here to Discover More](#)

Copyright

Copyright 2017@ The Evidence Based Chiropractor

All rights reserved. No portion of these materials may be reproduced in any manner without the expressed written consent of the publisher or Jeffrey Langmaid. All additional copyright is held by the publishers of the research. This is for education purposes only and is not for sale.

Legal Notice-The materials presented in this document are for general informational purposes' only and are not intended to replace the professional advice of a licensed service provider.

The author and publisher want to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent legal counsel to determine what state and/or local laws or regulations may apply to the user's particular business. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, both federal and state and local, governing professional licensing, business practices, advertising and all other aspects of doing business in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The Evidence Based Chiropractor and Dr. Jeffrey Langmaid assume no responsibility or liability whatsoever on the behalf of any purchaser or reader.

The following advertising cannot be shared, sold, or used by any other person. By taking legal possession of this document you agree to these terms. If this agreement is violated, you will be notified via certified mail to cease and desist the use of this advertising system; you will lose your lifetime right to use this copyrighted material for your own personal use.

made with

Beacon