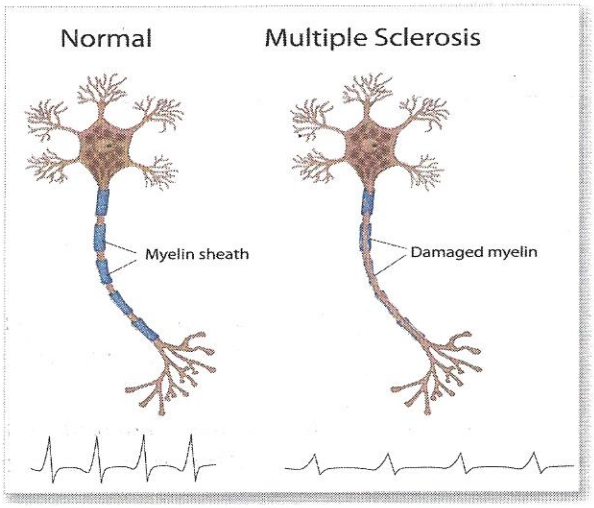
Injury Briefing

A review of the latest studies from Dr. Michael D. Berry.

Chiropractic Neck Adjustments May Help Multiple Sclerosis

A new preliminary study suggests chiropractic neck adjustments may aide patients with multiple sclerosis.



Previous case studies have suggested chiropractic could help multiple sclerosis but there has been little research on the topic until now.

Researchers from Italy studied 77 patients with multiple sclerosis and chronic cerebrospinal venous insufficiency (CCVI). The latter condition occurs when someone has compromised blood flow in the veins that drain the central nervous system. CCVI has been correlated with the development of multiple sclerosis.

Patients were treated with upper cervical chiropractic adjustments to the C1-C2 area. X-rays and clinical examinations were administrated before and after treatment, keeping in mind both mechanical and vascular changes.

"We found an improvement in all kinds of subluxations after the treatment with respect to the pre-treatment X-ray evaluation, with a significant statistical difference," researchers wrote.

Although more research is needed, they continued, "the preliminary X-ray and clinical improvements ... on these patients with CCSVI and (multiple sclerosis) encourage us to continue with our studies."

Additional research would be well warranted: Between 25-54% of multiple sclerosis patients with the condition report using chiropractic treatments. As a chronic condition, multiple sclerosis has no cure, but treatments can help to manage and reduce symptoms.

Countless studies have shown that chiropractic can effectively reduce musculoskeletal conditions like back, joint and neck pain, which are frequently experienced by multiple sclerosis patients.

References:
Mandolesi S., et al. Preliminary results after upper cervical chiropractic care in patients with chronic cerebro-spinal venous insufficiency and multiple sclerosis. Annali Italiani di Chirurgia. 2015;86:192-200.

Southerst D, et al. Pain and pain-related disability in patients with multiple sclerosis: A case series of two patients treated with chiropractic management. Clinical Chiropractic 2012; 15: 169-175.

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Evaluating Risks of Chronic Whiplash

An estimated 20 to 50 percent of whiplash patients are saddled with chronic pain after an auto injury. A new study from Japan attempts to explain why so many patients suffer this unlucky fate.

Among 974 auto injury patients responding to an online survey, researchers selected 183 cases with intractable neck pain (treated over a period of six months) and 333 controls (minor neck pain that was treated within three months). Patients reported their demographics, symptoms and expectations for recovery.

Using a multivariable regression analysis, researchers identified a few key risk factors for chronic whiplash: female sex, the severity of the collision, poor expectations of recovery, victim mentality, dizziness, numbness or pain in the arms and lower back pain.

"In the present study, the baseline symptoms (dizziness, numbness or pain in the arms, and lower back pain) had the strongest associations with prolonged treatment for (whiplash)," Hiroyuki Oka, of University of Tokyo and colleagues wrote, "although the psychological and behavioral factors were also important."

"These risk factors should be considered when evaluating patients who may have the potential for poor outcomes," they added.

Chiropractors are trained to look for patients who may have a high risk of chronic whiplash. They can develop a targeted, noninvasive treatment plan to minimize symptoms and enable patients to resume a healthy life after an auto accident.

Reference:
Oka H., et al. Risk factors for prolonged treatment of whiplash associated disorders. PLos One 2015; 10(7): e0132191.