



## **as a WELL-REFERENCED TECHNIQUE**

### ***Published Articles***

**Flexion distraction is the second most studied adjustment procedure—Cox® is the most referenced author with 12 papers cited**

Cooperstein R, Perle SM, Gatterman MI, Lantz C, Schneider MJ: Chiropractic technique procedures for specific low back conditions: Characterizing the literature. *JMPT* 2001;24(6):407-11

It is necessary to determine which specific types of manipulation and non-manipulative types of chiropractic adjustive care are most effective for particular types of low back pain across both tissue-specific and functional classifications.

To characterize the quantity and quality of literature gathered for an Expert Panel that was convened to rate various specific chiropractic adjustive procedures for the treatment of common types of low back pain, drawing on the clinical expertise of the panel members and the relevant literature.

A systematic review was conducted of treatment-specific, condition-specific trials, studies, and case reports of chiropractic care for low back pain.

The 3 most studied adjustive procedures are side-posture high-velocity, low-amplitude; distraction (mostly flexion distraction); and mobilization, respectively. The clinical condition most commonly addressed by the included studies is low back pain.

### **Flexion Distraction Gives Best Clinical Outcome**

Hawk C, Long CR: Use of a pilot to refine the design of a study to develop a manual placebo treatment. *JNMS* 2000;8(2):39-48

Thirty-two patients with subacute or chronic low back pain were randomly assigned to group A (flexion-distraction technique and trigger point therapy), group B (sham adjustment and effleurage massage), group C (flexion-distraction and effleurage), or group D (sham adjustment and trigger point therapy) for 6 weeks of treatment. The Roland Morris Questionnaire (RMQ) and the Pain Disability Index (PDI) were the outcome instruments of primary interest. RMQ median score changes were similar across groups. PDI median score changes at week 3 were greatest in group A, less in groups C and D, and least in group B. At week 6, group B still showed less change than the others.

### **Flexion Distraction Research Is Showing Great Rewards and Opportunities for More Research Findings**

Research Findings presented at APHA (American Public Health Association). *National College of Chiropractic's OUTREACH* 1997; 13(12):5

Dr. Jerilynn Backman, assistant professor in research, presented "Comparison of patient demographics and health status from allopathic and chiropractic ambulatory care settings." Her findings were taken from collaborative research by The National College of Chiropractic and Loyola University Stritch School of Medicine on "Biomechanics of Low Back Flexion-Distraction Therapy." This research sought to evaluate the similarities and differences between chiropractic and allopathic patients because of a conception that patients who elect chiropractic care may not be representative of the general population. Thirty-six percent of the 380 National College of Chiropractic Center patients who were screened had a primary complaint of low back pain while 58% of the 309 Loyola patients reported this complaint. Another interesting finding was that 45% of Loyola patients screened reported previously receiving chiropractic care.

**Bergman: *J Of Manipulative And Physiological Therapeutics* 16(1)**