



Chiro Health & Wellness

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This Issue:

- Adjustments vs. Massage
- Early joint trauma and Osteoarthritis

Supplement of the Month

Glucosamine

Successful treatment of osteoarthritis must effectively control pain, and should slow down or reverse progression of the disease. Biochemical and pharmacological data combined with animal and human studies demonstrate glucosamine sulfate is capable of satisfying these criteria.

HOW CAN WE HELP YOU? LET US KNOW...
IT'S OUR PLEASURE TO SERVE YOU.

So True...

" Never Look Back
Always Look Forward
Make Today Count."
--- Jill McPartland

Adjustments (SMT) vs. Massage For Headache Pain

SMT appears to have a better effect than massage for cervicogenic headache. It also appears that SMT has an effect comparable to commonly used first-line prophylactic prescription medications for tension-type headache and migraine headache. This conclusion rests upon a few trials of adequate methodological quality. Before any firm conclusions can be drawn, further testing should be done in rigorously designed, executed, and analyzed trials with follow-up periods of sufficient length.

Commentary: Combining chiropractic with massage has been very effective in helping patients overcome chronic stress related headache pain in many chiropractic offices.

SOURCE: J Manipulative Physiol Ther 2001; 24 (7) Sept: 457-466

If you keep going to a dry well, you will
never quench your thirst.

- B. Denise Owens

**" When you fall down, get back up, when you get back up,
remember you may fall again. Life is not easy;
live one day at a time."**

--- Jennifer Nicholson

Does Early Joint Trauma Lead to Osteoarthritis?

This study, published in an internal medicine journal, describes the increased risk of osteoarthritis following trauma, then reveals that surgery also increases that risk, and goes on to suggest that those risks can be reduced with conservative chiropractic care.

Commentary: This study emphasizes the importance of early chiropractic care after trauma. This is especially important for young athletes who frequently experience this type of trauma.

SOURCE: Annals of Internal Medicine 2000; 133(5) Sept 5: 321-328