



# Chiro Health & Wellness

**Active Chiropractic (519) 256-8966**

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**Active Release Techniques Provider**

## **This Issue:**

- Stay Active or Stay in Bed?
- The Real Deal: Chiropractic!

## **Supplement of the Month**

Omega 3 Fish Oil. A good ultra pure fish oil providing 2000 mg per day of EPA and DHA fatty acids can help with inflammation, arthritis, cardiovascular health and may play a role in the health of your brain. Ask us about how this supplement may help you improve your health.

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

## **Remember...**

The power that made the body, heals the body – it happens no other way!

## **Stay Active or Stay in Bed?**

A recent study assessed whether being active is better than bed rest for the treatment of acute low back pain or sciatica (pain shooting down the leg). One trial of patients with acute, simple low back pain found small differences in functional status and length of sick leave in favor of staying active, as compared with advice to stay in bed 2 days. Another trial compared staying active to 14 days bed rest for patients with sciatic syndrome, and found no differences between the groups. Researchers concluded that staying active alone has little beneficial effect for patients with acute, simple low back pain, and little or no effect for patients with sciatica. There was also no evidence that advice to stay active is harmful for either acute low back pain or sciatica.

SOURCE: *Spine* 2002;27:1736-1741

## **Chiropractic: The Real Deal**

According to a recent article in the *Annals of Internal Medicine*, the public increasingly uses chiropractic largely for spinal pain syndromes and appears to be highly satisfied with the results. Of all the so-called alternative professions, chiropractic has made the largest inroads into private and public health care financing systems and is increasingly viewed as an effective specialty by many in the medical profession. Much of the positive evolution of chiropractic can be ascribed to a quarter century-long research effort focused on the core chiropractic procedure of spinal manipulation. This effort has helped bring spinal manipulation out of the investigational category to become one of the most studied forms of conservative treatment for spinal pain.

SOURCE: *Annals of Internal Medicine*. February 5, 2002; Vol. 136, No. 3, pp. 216-227.