



Chiro Health & Wellness

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This Issue:

- Infantile colic treated by chiropractors
- The effect of spinal manipulation in the treatment of cervicogenic headaches

Book Of The Month

Eating for Life: shows how common sense and science converge in what Bill calls "the Right Recipe" for losing bodyfat while gaining energy and strength. It also teaches the reader how to prepare delicious, nutritious breakfasts, lunches, dinners, desserts, nutrition shakes and more.

Quote of the Month

"It is better to offer no excuse, than a bad one."
--George Washington--

Forward this newsletter to a friend so they may benefit.

Infantile colic treated by chiropractors: a prospective study of 316 cases

Seventy three chiropractors adjusted the spines of 316 infants (median age 5.7 weeks at initial examination) with moderate to severe colic (average 5.2 hours of crying per day).

The mothers used a diary to keep track of the baby's symptoms, intensity and length of the colicky crying as well as how comfortable the infant seemed. 94% of the children showed a satisfactory response within 14 days of chiropractic care (usually three visits). After four weeks, the improvements were maintained.

One fourth of these infants showed great improvement after the very first chiropractic adjustment. The remaining infants all showed improvement within 14 days.

Note: 51% of the infants had undergone prior unsuccessful treatment, usually drug therapy.

Source: Journal of Manipulative and Physiological Therapeutics, 12:281-288

The effect of spinal manipulation in the treatment of cervicogenic headache (headaches that start in the neck)

This is a randomized controlled trial performed at the University of Odense, Denmark by chiropractors and medical doctors.

Of 53 patients suffering from frequent headaches, 28 received high-velocity, low-amplitude cervical manipulation twice a week for three weeks. The remaining 25 received low-level laser in the upper cervical region and deep friction massage in the lower cervical/upper thoracic region, also twice a week for three weeks.

The use of analgesics decreased by 36% in the manipulation group, but was unchanged in the soft-tissue group; this difference was statistically significant. The number of headache hours per day decreased by 69% in the manipulation group compared with 37% in the soft-tissue group; this was significant. Finally, the headache intensity per episode decreased by 36% in the manipulation group, compared with 17% in the soft-tissue group; this was significant.

Source: Journal of Manipulative and Physiological Therapeutics, 1997; 20:326-330.