# COMPLEMENTARY THERAPIES (BMHP5001_LON)

# CHIROPRACTIC


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## Aim of the micro - teach session:

**To give knowledge for the importance, benefits and contraindications of using Chiropractic care.**

- Definition – Meliha Drenk (1922136)
- History – Meliha Drenk (1922136)
- Uses – Teodora Premyanova (1918695)
- Efficacy – Ivelina Parker (1921483)
- Side effects and Contraindications – Ivelina Parker (1921483)
- Evaluation of Effectiveness – Mirela – Margareta Lazar (1921853)

# CHIROPRACTIC

Chiropractic is coming from the Greek words ***cheir*** meaning 'hand' and ***praktos*** meaning 'done' i.e. Done by Hand. (Palmer College of Chiropractic, 2021).



Photo credit: National Centre for Complementary and Integrative Health, Available at: https://www.nccih.nih.gov/health/chiropractic-in-depth

# CHIROPRACTIC

**Definition**

- Chiropractic is a healthcare profession whose focus is on treatments of conditions that affect joints, muscles, bones, and connective tissues (ligaments and cartilage).
- Professionals who practice Chiropractic are called Chiropractors.
- They need a degree to practice in the UK.
- The treatment is not funded by NHS, costs between £30 - £80 per session.

(NHS, 2020).

- There are five universities in the United Kingdom that provide Chiropractic courses.
- The duration of the course is between 4 – 5 years.
- Chiropractors are regulated by General Chiropractic Council (GCC) and British Chiropractic Association (BCA).
- Chiropractic Act 1994.

(British Chiropractic Association, 2021).

# History of Chiropractic

- Dates back to 2700 B.C. and 1500 B.C. from writings in Chinese and Greek cultures, which mention that spinal manipulation and the movement of lower extremities worked to alleviate lower back pain. (Kinni Valley Chiropractic, n.d.).
- It started to become popular in the middle-to-late 19$^{th}$ Century within the United States.
- This period is referred to as The Era of Free Trade in Medicine (1860-1900), where all individuals and groups could trade and practice as they lacked legislation. (Simpson, 2012).

# History of Chiropractic

- The founder of Chiropractic is Daniel David Palmer.
- He opened the first school for Chiropractic called:

"The Palmer school of Chiropractic" in Davenport, US.

- By the 20the century, the practice had grown significantly and those practicing it had begun forming professional societies.
- In 1960 become extremely popular in Europe and UK and they established the Anglo-European College of Chiropractic. (ISIS, 2021).

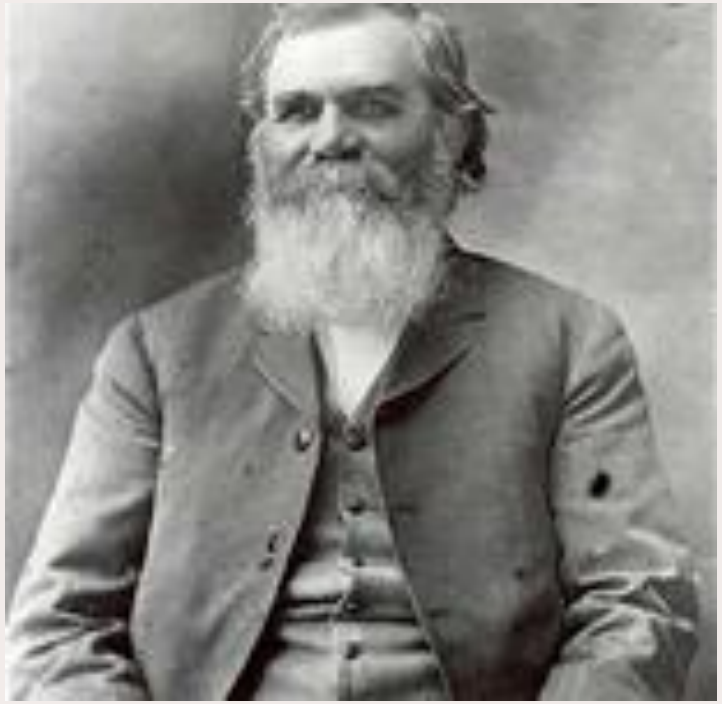


Photo credit: https://www.lifesystemschiropractic.com/brief-history-of-chiropractic.html

# Uses of Chiropractic

- Chiropractic therapy has a wide variety of uses and is not limited to exclusively spinal adjustment for neck or back pain. Chiropractors use different forms of therapy for specific bodily problems.
- A diagnosis process takes place, in which the chiropractor performs a physical and neurological evaluation of the patient’s condition. Then, the patient is prescribed a specialised treatment plan to decrease their pain and aid their issue.

# Uses of Chiropractic

- Examples of what a chiropractic treatment plan could include are therapeutic exercises for patients experiencing back, neck, and extremity issues. These exercises also help enhance joint health, increase strength, and protect the body against future injuries.
- Patients with injuries are most likely to be prescribed therapeutic stretches, for a reduction in their discomfort.
- Both treatments should be done at regular time intervals in order to see results.

# Uses of Chiropractic

- There are ways chiropractic therapy is used that are for more severe cases. This is because they require more preparation and professional supervision.
- In some instances, physical therapy modalities will be required and provided. These could include muscle stimulation, ultrasounds, ice and heat therapy, and transcutaneous electric nerve stimulations (TENS).
- The aim of these modalities is to help patients suffering from chronic pain and benefit their health short-term and long-term.
- Regarding long-term benefits, chiropractors often give professional help to patients regarding their health and lifestyle choices. This is because certain behaviours can have an overall negative impact on the patient (Grassi, n.d).

- Chiropractic therapy is also commonly used among more vulnerable groups of people (such as pregnant women, elderly people, children, and babies), as its especially useful for the specific pains or discomfort they may experience.
- Approximately 50% of pregnant women experience back pain during their pregnancy, and 75% of pregnant chiropractic patients find that the therapy relieved their pain (Borggren, 2017).
- The typical use of chiropractic care for a pregnant woman would involve gentle massage techniques, or joint manipulation (or mobilisation) (Pregnancy Chiropractor, n.d).
- These methods strive to reduce prenatal tension, aches, and strains, through a safe and effective procedure.

# The efficacy of Chiropractic

- Efficacy is the ability to achieve the intended result.
- Chiropractic is considered a part of Complementary and Alternative Medicine (CAM), which is based on principles and evidence that are not recognized by most independent scientists (NHS, 2018).
- When a patient experiences an improvement when using a health treatment, including CAM, may be due to placebo effect (NHS, 2018).
- In some exceptions, chiropractic is proven to work but just for a limited number of health conditions such as back, shoulder, neck and elbow pain. Research studies are available on NHS website.
- Many research studies have examined the efficacy of manual therapy for more serious health problems, such as mental health issues, asthma, allergies, etc. The evidence is insufficient (NHS, 2020).

# The efficacy of Chiropractic

- The National Institute for Health and Care Excellence (NICE) recommends patients consider manual therapy, as part of an exercise treatment package for managing low back pain (NICE, 2016).
- Cancer Research UK states that chiropractic therapy might be helpful for some cancer patients to relieve tension, control back pain and headache (Cancer Research UK, 2019). Research studies are available on their website.
- A study on the efficacy of chiropractic for cervicogenic headache in adults showed that after 18 sessions of spinal manipulative therapy, days with headache was reduced by half (The Spine journal 2018).



Photo credit: https://synergyspineandnerve.com/about-us/meet-jess/

# Side Effects and Contraindications

- Side effect is a secondary undesirable effect from a drug or medical treatment.
- Chiropractic therapy usually has some mild side effects in 23 to 83 percent of the patients. Stiffness, dizziness, light headache, tiredness, and sore muscles are just a few examples of side effects that will pass within 24hr. Slipped disc and stroke are very rare occurrences.
- Contraindications are physical conditions or circumstances that put some people at risk of danger from using a particular medication (National Cancer Institute, 2021).
- People with any type of bone cancer, bone marrow diseases, broken bones, osteoporosis and spinal cord abnormalities, should not use chiropractic therapy.
- People using blood thinning medications and steroids are very likely to de advised by their doctor not to use chiropractic therapy (Cancer Research UK, 2019).

# The effectiveness of Chiropractic - Strengths

- Chiropractic has shown to be an effective pain reliever for people ranging from mild neck pain or sports injuries to people with musculoskeletal disorders.
- The results of these trials have shown that most patients showed positive changes that improved their general health and quality of life.
- Many people who have treatments of chiropractic only experience mild side effects such as: stiffness or tiredness, which pass in a few days.

This suggests that chiropractic can be an effective form of complementary therapy.

# The effectiveness of Chiropractic - Weaknesses

- However, while chiropractic is a pain reliever, it is not often effective on its own as a cure for more moderate pain or for people with musculoskeletal disorders. (UK Health Centre, 2021).
- In these cases, doctors agreed that further testing should be done and that chiropractic treatments should be tried alongside more practical medical treatment. One study specifically stated that ‘’adding chiropractic care to usual medical care resulted in better participant outcomes”. (Christine Goertz, DC, PhD and Ian Coulter, PhD, 2019).

# The effectiveness of Chiropractic

- Chiropractic is the most effective treatment for mild upper or lower extremity pain and is only a pain reliever for people with musculoskeletal disorders. Chiropractic treatment could be used alongside practical treatment, but it is not a long-term treatment on its own.
- Further studies using a more robust methodology are needed to investigate the efficacy and cost-effectiveness of introducing chiropractic care into publicly funded health care facilities.



# Explanation of Chiropractic Adjustment

https://www.youtube.com/watch?v=j-jVyAY0WcA

# Questions

1. Are the chiropractors medical doctors?
2. Do the chiropractors need a degree?
3. Are chiropractors regulated in United Kingdom?
4. Can pregnant women use Chiropractic adjustmant?
5. Is Ciropractic care suitable for babies and kids?
6. Is it funded by NHS?
7. How many years of education does it take to become a Chiropractor in UK?

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