

Chiropractic Care Improves Quality Of Life In Chronic Low Back Pain Patient

The February 2005 issue of the Journal of Manipulative and Physiological Therapeutics reports on an interesting study that found a 26 year-old woman with chronic low back pain who utilized chiropractic care on a long term, maintenance basis experienced improvements in her quality of life measurements.

Before her care program began, she was given a number of tests that measure quality of life factors. The tests included the Short-Form-36 Health Survey questionnaire (SF-36), the Quality of Well-Being Scale, Visual Analog Scales (VAS) of pain intensity and ranges of movement and the number of tender spots over the spine.

After 9 months of chiropractic care she was retested. The SF-36 physical score improved from 23.4 to 43.7 and the SF-36 mental scores improved from 25.3 to 62.8.

The Quality of Well-Being Scale score improved from a mean score of 1.1 before care began to a mean score of 8.2 after.

The Visual Analog Scale improved from a score of 8 before care to 1.5 after and the mean number of tender spots over the spine decreased from 6.5 to 4.

In this case, the patient showed not only improvement in spinal function but in Quality of Life issues as well. The authors concluded that the improvements this patient experienced justify further research into the possible causal relationship between factors that indicate vertebral subluxation and quality of life.