



THE CLINICAL CHIROPRACTOR

SCHUBBE RESCH CHIROPRACTIC & PHYSICAL THERAPY • FALL 2008

Chiropractic Manipulation

The term "adjustment" refers to the specific manipulation the Doctor of Chiropractic applies to the vertebrae that has abnormal movement patterns or fails to function normally. Reducing joint fixation results in an increased range of motion, reduced nerve irritability and improved function.

The number of chiropractic treatments required by a particular patient varies significantly due to the degree of the injury. The duration of treatment can be complicated by chronicity, anxiety, depression, poor coping strategies, ergonomic stress and others. The typical treatment plan of a grade 1 lumbar sprain/strain rarely demands greater than 4-6 weeks to manage in an uncomplicated case, typically consisting of 6-12 manipulations. Treatment frequency and duration is often reduced if the Doctor of Chiropractic includes therapeutic exercise and postural body mechanics training in the treatment plan.

Muscular Imbalance—What Muscles, What Exercises and How Often?

Recommending the most appropriate exercises for patients who suffer with neck and back pain can be confusing. Giving a patient a pre-printed exercise pamphlet may help some, but a strategic program based upon the patient's specific muscular imbalances has proven to improve compliance and effectiveness.

Therapeutic Exercise—So Many Options, What Exercises to Choose?

Once the muscular imbalance deficiencies are determined and the complicating factors are noted, choosing the most appropriate exercise style is very important.

- **Lumbar Stabilization:** This program is designed to improve strength and flexibility in a pain-free range. The initial stage of training begins with isolated muscle contractions with the patient being instructed in the neutral spine position. The neutral spine position then involves movements within a range of motion that are safe and most comfortable. The neutral spine position is maintained for all movements performed during stabilization activities as well as all daily activities.
- **McKenzie Method:** This program was developed in the 1960's by Robin McKenzie, PT. It is based upon an evaluation and treatment approach to determine if a patient is flexion or extension biased. Once this bias is determined, exercises are given to provide significant pain relief by reducing pain, moving it away from the extremities and eventually the spine.

- **Functional Exercise:** This program is a progression beyond the typical exercises given with the patient in the prone and supine position. Exercises are given based upon deficiencies determined during a functional evaluation
- **Pilates:** This program focuses on core balance, full body strength and flexibility. A strong emphasis is also given to postural movement and breathing patterns. A patient suffering with back pain should choose a Pilates program guided by a qualified certified Pilates professional.
- **Yoga:** This program cultivates a balance between flexibility, strength and alignment of the body. For those suffering with back and neck pain, a gentler yoga approach guided by a qualified professional is recommended.

Posture and Body Mechanics

Everyday activities can place undue stress on the spine. Learning how to use correct posture and body mechanics will minimize stresses and decrease the incidence of neck and back pain. Proper posture and body mechanics are not just for the work site, but also should be used at all times. Every neck and back pain patient should be instructed on proper standing, sitting and sleeping posture. Body mechanics are equally important. Thorough instruction of lifting from the floor level and hip hinge from a position when one cannot bend their knees is vital. Ergonomic, hobbies and lifestyle postural habits should also be reviewed.

In Summary

The combination of chiropractic manipulation, therapeutic exercise and posture/body mechanics training restores joint mobility, corrects muscular imbalance and educates the patient in safe movement patterns. The professionals at Schubbe Resch Chiropractic and Physical Therapy are specifically trained to devise effective and efficient treatment plans to help patients return to normal function without pain.

Clinical studies have shown the positive impact of spinal manipulation. If you feel any of your patients would benefit from spinal manipulation, please call us at 920-738-0200 or 920-720-0660, or visit www.schubberesch.com. Be assured, your patient will be referred back to you after we treat their condition.

Functional Restoration of Spinal Dysfunction

Utilizing Chiropractic Manipulation, Exercise and Proper Body Mechanics

Different approaches and treatments to lower back and neck pain abound among practitioners of different skill levels. Considering the huge costs involved with this quandary, evidence-based practice is the emerging model of care. The model of care that has been proven to be highly effective is combining chiropractic manipulation, therapeutic exercise and postural body mechanics training.



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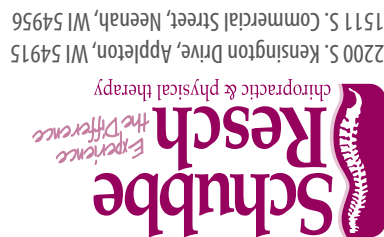
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