

THE BACK PAGE

JAY M YATES, DC

THIRD ISSUE

Back Pain! This is something that almost everyone will experience at some point in their lives. It could be episodic and brief, or it could be chronic and debilitating.

No matter how or when it occurs, most of us are totally unprepared. So, what can we do to prepare for it or to avoid it?

Many people exercise and stretch to reduce their pain, some use massage while others resort to back surgery to relive their pain. This usually results in a "successful surgery" but incomplete symptom relief.

Now some people, the smarts ones, get chiropractic treatment for their problem or use it as a preventative measure to keep out of trouble.

They have been taught or are intelligent enough to

understand that adjustments or manipulative therapy gets to the heart of the problem and corrects it rather than just treating the symptoms.



Below are abstracts of some of the most recent research findings and their support for chiropractic care and manipulative therapy for low back pain.

*A randomized, controlled clinical trial published in **Spine** reveals that chiropractic manipulation (adjustment) is superior to both drugs and acupuncture in the treatment of chronic spinal pain (people with pain lasting more than 13 weeks).*

The study, conducted at a multidisciplinary spinal pain outpatient unit in an Australian public hospital, involved 115 patients randomly assigned to receive one of three interventions: medication, needle acupuncture or chiropractic manipulation.

One of the study's most remarkable findings was that patients in the manipulation group reported a 47 percent improvement on a general overall health questionnaire, compared to only 15 percent for the acupuncture group and 18 percent for the medication group.

Giles LGF, Muller R. Spine 2003; 28: 1490-1503

In 1994, the agency for Health Care Policy and Research (AHCPR), now the Agency on Health Research and Quality, an arm of the U.S. Department of Health and Human Services, released a clinical practice guideline for the treatment of acute low back problems. The guidelines recommend the use of spinal manipulation as an effective method of symptom control. The researchers developing the guideline found that "manipulation...is safe and effective for patients in the first month of acute low back symptoms without radiculopathy [disease of the spinal nerve roots]."

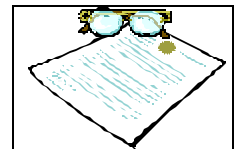
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The RAND corporation, one of the most prestigious centers for research in public policy and health, released a study in 1991 which found that spinal ma-

NEWSFLASH

For information on up coming lectures given by Dr. Yates on this subject and many others, please see his website at

www.jaymyatesdc.com



This site contains some very informative material and even has a special section specifically for patients of Dr. Yates.

If you are a current patient of Dr. Yates and wish to have access to log in to this section, please contact Dr. Yates directly for a password to allow you to peruse this section.

If you do not use computers and have no access to this medium, please contact Dr. Yates's office directly and he will make sure you are aware of any lectures he will be giving .

PERTINENT INFO

As always, I appreciate your referrals to our office. By referring someone you demonstrate your concern for them and your trust in me. Thanks to you all.

Remember your maintenance visits. If you haven't been in for over a month, you need to call me for an appointment.

Don't undo all the good work we have done...

Jay M. Yates, DC

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manipulation is appropriate for specific kinds of low back pain.

Shekelle PG, Adams A, et al. "The Appropriateness of Spinal Manipulation for Low-Back Pain: Indications and Ratings by a Multidisciplinary Expert Panel." RAND corporation, Santa Monica, California; 1991.

A 1992 Dutch research project compared manipulative therapy (chiropractic) and physiotherapy for the treatment of persistent back and neck complaints. After 12 months, the manipulative therapy group showed improvement in the primary complaint as well as in physical function, with fewer visits.

Koes BW, Bouter LM, et al. British Medical Journal. March 7, 1992; Vol. 304, No. 6827, pp. 601-605.

These studies are just a few that show the appropriateness of chiropractic care above all other kinds of treatment available today.

If you or someone you know is experiencing BACK PAIN, please contact me. Don't wait until you are flat on your back unable to move or get up. Call me today and let's get you or the person you know in for a **FREE CONSULTATION** with me.

Jay M Yates, DC

Please mark the appropriate box and cut this questionnaire out and mail it to:
Dr. Jay M Yates P.O. BOX 12311 Newport Beach, CA. 92660. Thank you.

1. My care under Dr Yates was:
 excellent good fair poor
2. Dr Yates's explanation of my condition was:
 excellent good fair poor
3. I was willing to follow Dr. Yates's recommendations:
 yes no
4. My reason for stopping care if I didn't follow Dr. Yates's recommendation was:
 I didn't feel I needed it. I didn't want to come that often.
 financially too expensive. didn't feel I got the care I needed.
 just felt better and forgot. just wanted to come in for a quick fix
5. If I could rate Dr Yates's service and care I would rate him:
 excellent good fair poor

Thank you for your participation. Be sure to mail it in