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Chiropractic's Scientific Validity- Why Did It Take So Long?

Not long ago, other holistic-oriented professions have had their licensing revoked or popularity greatly diminished because of lack of valid research, exclusion from insurance plans, or shunning by the medical community. Some examples include: Acupuncture, Shiatsu (pressure applied with the finger to sensitive areas in muscles- included in my practice), Homeopathy (founded by Dr. Samuel Hahnemann, the father of modern medicine who founded Hahnemann Hospital in Philadelphia) and Naturopathy (the use of organic foods for diet and large dosages of supplements like vitamins, minerals, botanicals, etc.- also, included in my practice). On the contrary, Chiropractic has grown in popularity, but why is it still misunderstood?

Legislative Obstacles for Chiropractic

From the time of its founding in 1895, the chiropractic profession was subject to great scrutiny by health care groups who were competing for the same health care dollars. In the '60s, a concerted effort was made by the American Medical Association with its Commission on Quackery to limit our growth and development. Greatly benefiting chiropractic was a favorable landmark legal decision in 1982 known as the Wilk Case (named after the chiropractor in Chicago, a graduate from my professional school, who initiated an action against the AMA). It mandated that orthodox medicine: 1) no longer slander chiropractic, 2) allow its teachers and researchers to participate with our institutions and 3) allow us to utilize their diagnostic facilities. With the chiropractic profession being outnumbered by medical doctors about ten to one, one can easily image the economic disadvantages we suffered prior to this decision.

Chiropractic Research Break Through

Probably, the most substantial study on chiropractic's effectiveness was performed by the highly respected research organization, The Rand Corporation. It drew from Canada's nationalized health care system, which includes and encourages the use of our services, and produced a strongly favorable and unbiased study known as the Manga Report. It concluded that our methods of treatment- massage, spinal decompression, manipulation, physical therapy, etc. for acute low back pain were superior to pain killers. Additionally, the study compared our training in manipulation to osteopaths, physical therapists and MD's and found our training to be superior.

It also found that medical doctors said they would welcome guidelines to improve their management of LBP if such were available. Since this study did just that, I include a brochure of the Manga Report to every MD who refers a patient here along with a medical report describing the condition and what treatment I render. As a result of medicine's recognition of chiropractic's superior effectiveness and the way in which it encourages its members to refer patients for our services, we now treat not all but about half of all low back pain patients.

In today's complex world, a profession's vigilance is important if you are to secure the proper care for your ailments.

In Health,

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