

Protection from arthritis, and possible reversal of arthritis, disc degeneration

Researchers have increasingly noted the phenomenon of spontaneous recovery of individuals diagnosed as having degenerative spinal conditions, (even when not under chiropractic care). New evidence points indicates that reversal of the most common form of arthritis, osteoarthritis, may be possible.

Magnetic resonance imaging and clinical follow-up study of 27 patients receiving chiropractic care for cervical and lumbar disc herniations David J. BenEliyahu, D.C. JMPT Vol. 19 No. 19 Nov/Dec 1996.

This study suggests that chiropractic care may reverse disc herniation. Twenty seven patients with MRI documented and symptomatic disc herniations of the cervical or lumbar spine were given chiropractic spinal care, flexion distraction, physiotherapy and rehabilitative exercises. Post-care MRIs revealed that 63% of the patients had a reduced size or completely resorbed disc herniation. 78% of the patients were able to return to work in their pre-disability occupations. From the author's abstract This prospective case series suggests that chiropractic care may be a safe and helpful modality for the treatment of cervical and lumbar disc herniations. A random, controlled, clinical trial is called for to further substantiate the role of chiropractic care for the non-operative management of intervertebral disc herniation.

Disc regeneration reversibility is possible in spinal osteoarthritis. Ressel, OJ. ICA Review March/April 1989 pp. 39 -61. From the abstract "Historically, osteoarthritis has been regarded as a common slowly progressive disorder seen most often in the elderly that affects the weight bearing joints, the peripheral and axial articulations, and the spine...clinically, osteoarthritis has been universally accepted as an integral consequence of aging. The condition is considered to be the product of various pathobiomechanical alterations in joint function, a "wear and tear" sequela. It is only in the past few years that increased knowledge about the histopathology, biomechanics, biochemistry, and metabolic properties of normal and osteoarthritic tissue structures has given clinicians any hope of being able to deal with osteoarthritis. When patient care is related to the pathology, pathophysiology, and the kinesiopathology of this condition, arrest and even reversal is possible."

Experimental models of osteoarthritis the role of immobilization. Videman T. Clinical Biomechanics, 1987;2223-229. From the author's abstract "Evidence is reviewed from animal experiments supporting the hypothesis that immobilization, for whatever reason, is one of the pathogenetic factors in musculoskeletal degeneration. It shows beyond reasonable doubt that immobilization is not only a cause of osteoarthritis but that it delays the healing process." Osteoarthritic changes were observed after only a few weeks of immobilization