

❖ **Pregnant Female with back pain and kids wellness care**

Here is what she had to say:

I first came to see Dr. Jon when I was 8 months pregnant, on Easter weekend with some serious pain in my back and side. Every step I took was painful. My former chiropractor wasn't open and I just couldn't wait until Monday. I was apprehensive about seeing a new chiropractor since I was late in my pregnancy and didn't know his style of treatment, but my husband, who was already a patient of Dr. Jon's, assured me that he was gentle and could help. When I finished my first adjustment with Dr. Jon, I wasn't in pain anymore and I was able to enjoy the rest of the weekend.

Our children get adjusted every 3 weeks as well. Adrian, now 4, has been coming to Dr. Jon since he was 3 years old. Karen, now 18 months, has been getting adjusted since she was 3 months of age. With all their tumbles from learning to walk and just being kids, it gives me peace of mind to know they're growing well and if they're out of alignment. Dr. Jon gets them back where they should be.

Dr. Jon plays a vital role in the well being of our family. We are truly blessed to be under his care.

-L.P.

❖ **Want Research?**

A Longitudinal Assessment of Chiropractic Care Using a Survey of Self-Rated Health Wellness & Quality of Life: A Preliminary Study Mark J. Marino and Phillipa M. Langrell [JVSR Vol 3, No. 2, p 1-9]

This longitudinal study evaluated changes in self-rated health status of patients receiving chiropractic care at the training clinic of the New Zealand School of Chiropractic. The study was designed to assess subluxation-based chiropractic care in association with changes in patients' perceived health status. The Self-Rated Health/Wellness Survey (SRHW) was used to evaluate the health status on two occasions, "initial" and "follow-up." The instrument assessed health across four domains, Physical State, Emotional/Mental State, Stress and Life Enjoyment. Collectively, these four domains, assessed initially and after a follow-up period, constituted Combined Wellness, or a fifth domain. Quality of Life was evaluated as a sixth domain of the questionnaire instrument. The study population included 89 subjects, evaluated over a five-month study period. The average interval between initial and follow-up surveys was 8.0 ± 3.2 weeks, with an average number of visits of 9.1 ± 4.2 . A bivariate analysis was conducted using a two tailed, paired sample t-test to assess the subjects' survey responses. Subjects reported significant positive perceived changes in Physical State ($p = 0.000$), Mental/Emotional State ($p = 0.008$), and Combined Wellness ($p = 0.001$), with corresponding effect sizes of 0.61, 0.24 and 0.31 respectively. The improvement in the Physical and Mental/Emotional State, and Combined Wellness suggests that chiropractic care provided through the NZ

School of Chiropractic is associated with significant benefits in these domains. Study data suggested that health/wellness may accrue with time under care.