

#### ❑ 40 Year old with disc degeneration

This patient presented to us with progressive low back pain and was told his degenerating disc was from “old age”. On examination, vertebral subluxations were found in his spine. His x-rays were classified as PHASE 2 degeneration. He was placed on a corrective program of care, stability exercise program, and given specific dietary instructions. The problem area has been outline. 12 months later his post-x-ray shows an increase in disc space and a lessening of bone spurs. Although not completely healed, there are significant improvements in both his structural (x-rays) and functional health.



#### ❑ Want Research?

***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” sequelae.

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 kinesio-pathology of this condition, arrest and even reversal is possible.

***Osteoarthritis, chiropractic, and nutrition: osteoarthritis considered as a natural part of a three stage subluxation complex: its reversibility: its relevance and treatability by chiropractic and nutritional correlates. Berkson DL Med Hypotheses 1991 Dec; 36(4):356-67***

From the abstract: It is proposed that chiropractic and nutritional treatment contribute to the amelioration and perhaps reversal of osteoarthritis (OA). It is further proposed that the chiropractic manipulative thrust is, in effect, treating dysfunctional bio-mechanics of joints, affecting positive cartilaginous change.

The pathophysiology and multi-factorial causes of OA are reviewed. New interpretations of the literature surrounding OA are discussed which offer arguments for OA's treatment and reversal through chiropractic manipulation and nutritional support. Presented is a new model of the chiropractic concept of subluxation (abnormal joint complex resulting in fixation or decrease in normal range of motion) and the chiropractic manipulative thrust. The associated histologic correlates are also discussed. A review of the literature of anti-inflammatory and muscle/joint complex supportive nutrients appropriate for OA is presented...a complete treatment protocol for OA is summarized.