

headache  
their stroke



seeking care before

February 1, 2011  
Volume 1 Issue 2

## Clinical Update

### INSIDE THIS ISSUE

- 1 Clinical Update
- 1 Special Report
- 2 Office News
- 3 Question of the Month
- 4 Contact Us

---

***The most recent in-depth review, published in the Feb 15, 2008 Spine Journal [9] Those records revealed no increase in vertebral artery dissection risk with chiropractic, compared with medical management, and further stated that "increased risks of VBA stroke associated with chiropractic and PCP visits is likely due to patients with headache and neck pain from VBA dissection seeking care before their stroke."***

---

### Cochrane Database Review of Spinal Manipulation and Headache

*Bronfort G, Nilsson N, Haas M, et al. Non-invasive physical treatments for the chronic/recurrent headache. Cochrane Database Syst Rev 2004; CD001878.*

This systematic review of treatments for chronic headache included all non-invasive physical treatments. The review looked at episodic and chronic tension type, cluster, cervicogenic and migraine headaches. The responses seen varied depending upon the type of headache and the therapy administered. Specifically, response to spinal manipulative therapy (SMT) was studied. Results are

Please see *Clinical Update* on page 2

## Special Report

### Managing Your Own Stress

Christine Gorman, in January 29, 2007 issue of TIME magazine, writes about the best strategy to managing stress and avoiding professional burnout. All too often, as healthcare providers, we focus on helping our patients to manage stress, but fail to apply these same principles to our own lives. Below are 7 simple tools to help you self-manage stress:

- Breathe deeply - regular slow, deep breathing helps to relax your heart, to decrease blood pressure, to slow down your sympathetic nervous system, to enhance your immune response.
- Take a vacation - a change of scenery relaxes your sympathetic reaction

Please see *Special Report* on page 3

McCroory DC, et al. "Evidence Report: Behavioral and Physical Treatments for Tension-type and Cervicogenic Headache." Duke University Evidence-Based Practice Center, Durham, North Carolina, January 2001.

Based on a literature review of several headache treatment options, a panel of 19 multidisciplinary experts concluded that spinal manipulation resulted in almost immediate improvement for cervicogenic headaches and had significantly fewer side effects and longer-lasting relief of tension-type headache than a commonly-prescribed medication. Researchers concluded the following: "Manipulation appeared to result in immediate improvement in headache severity when used to treat episodes of cervicogenic control. Furthermore, when compared to soft-tissue therapies (massage), a course of manipulation treatments resulted in sustained improvement in headache frequency and severity."

## Office News

- *Dr. Nathaniel Tiplady* has successfully completed his training with the Titleist Performance Institute to become a TPI Medical Professional. This extensive training provides a greater understanding of golf related injuries and how to best treat and prevent them. [www.mytpi.com](http://www.mytpi.com)
- *Dr. William Caddoo* will be attending a Masters Course in Active Release Technique(ART) this month in Toronto. [www.activerelease.com](http://www.activerelease.com)

*Patient First* has updated their website and we will be launching it this month. Please go to [www.patientfirstpt-chiro.com](http://www.patientfirstpt-chiro.com) to tour the site. We offer many new features, such as the ability to request a non-urgent appointment, the ability to download office forms, the ability to email a question to your doctor. We used IgniteWorldWide Inc. website development company to enhance and expand the services we are able to offer our clients.

### *Clinical Update* from page 1

discussed below.  
Take home points:

There are several issues of importance relative to review:

1. The lead authors of this Cochrane Database review have chiropractic degrees and a good deal of the research has been done by chiropractic researchers, something relatively new for the chiropractic profession
2. There is evidence that SMT has prophylactic effect similar to a commonly used drug with a proven efficacy for migraine headaches
3. For prophylactic management of tension-type headache, the benefit provided by massage therapy was not improved by adding SMT; however, for chronic tension-type headache, drug therapy provided the better short term relief compared to SMT yet when both therapies were removed, the benefit of the drug quickly subsided while the benefit from the SMT was much more sustained
4. SMT provided short term advantage over mobilization, massage, placebo or no treatment for the prophylactic treatment of cervicogenic headaches.

## Question of the Month

### Can chiropractors help with carpal tunnel syndrome (CTS)?

A study by Davis et al in the 1998 vol 21 issue of Journal of Manipulative and Physiological Therapeutics found that a combination of cervical SMT, upper extremity manipulation and night bracing was as effective as NSAIDS and night bracing in the management of carpal tunnel syndrome over the short term. Certainly longitudinal studies need to be done evaluating the long term efficacy of manipulative therapy in the management of CTS; however, given the variable surgical outcomes and the relatively benign nature of CTS, seeking out conservative remedies seems the most patient centered, evidence based thing to do. There is some limited evidence that supplementation with Vitamin B6 also is beneficial in managing CTS.

ART is most commonly used to treat conditions related to adhesions or scar tissue in overused muscles. According to ART practitioners, as adhesions build up, muscles become shorter and weaker, the motion of muscles and joints are altered, and nerves can be compressed. As a result, tissues suffer from decreased blood supply, pain, and poor mobility.

*Special Report* from page 1

yet improves reaction time, provided you turn off your cell phone and avoid the temptation to read your email.

- Make new friends - having a social support network has been shown to improve immune function and to slow the production of stress type hormones in your body.
- Exercise regularly - studies have shown that exercise helps to maintain the brain's ability to change focus quickly from one situation to another.
- Eat fruits and vegetables - the antioxidants found in fruits and vegetables help to counteract the pro-inflammatory proteins which stress produces.
- Get enough sleep - irregular sleep patterns increase the detrimental effects of stress upon your body.
- Do what you love - having a sense of purpose makes the inevitable stress more manageable. And if you can't find meaning in your job, then look at your hobbies, your community participation, your spiritual life.

Check out the book [Younger Next Year](#), by Henry Lodge M.D.; He touches on many of these same points.

"Believing they have a unique approach for improving lives, Crowley, a former litigator, and Lodge, a board-certified internist, collaborated to write this "evolutionary" health program. The authors base their plan on the idea that instead of looking forward to decades of pain as the body slowly deteriorates, it's possible to live as if you were 50, maybe even younger, for the rest of your life."

## Contact Us:



564 Main Street, Waltham, MA 02452  
Tel: 781-894-8880 Fax: 781-894-1121  
[www.patientfirstpt-chiro.com](http://www.patientfirstpt-chiro.com)

Please be aware that Dr Caddoo is available to give a 20 minute lunchtime presentation on how a medical physician can best collaborate with a chiropractor and how the integration of chiropractic and physical therapy yields excellent clinical outcome and higher patient satisfaction. Please contact our office and have Ellen schedule Dr. Caddoo to come to your office or hospital, or contact Dr. Caddoo directly at [wcaddoodc@gmail.com](mailto:wcaddoodc@gmail.com)

If you would like some additional literature about our office and the services we provide, please contact our office and request that Ellen mail our [Introduction to Patient First for Physicians](#) packet to you.

---

**Patient First**  
**Chiropractic & Physical Therapy**  
564 Main Street  
Waltham, MA 02452  
Tel: 781-894-8880/Fax: 781-894-1121  
[www.patientfirstpt-chiro.com](http://www.patientfirstpt-chiro.com)