

## Governor Arnold Schwarzenegger Addresses Chiropractic Symposium

On March 4th, 2006 Governor Arnold Schwarzenegger, a long-time chiropractic supporter, addressed a group of around 200 Doctors of Chiropractic at the 14th annual International Chiropractors Association (ICA) Symposium on Natural Fitness. The event is held each year in conjunction with the Governor's own bodybuilding and fitness event, the Arnold Fitness Weekend.

In his appearance at the ICA event Governor Schwarzenegger spoke to the group of professionals on a number of issues including his most recent mishap on a motorcycle. In his candor he admitted that after the accident he had been suffering and in some pain. He then sought the help of a long time friend Dr. Franco Columbu. Dr. Columbu is a chiropractor and a former champion bodybuilder, having won numerous bodybuilding championships including the most coveted Mr. Olympia in 1975, 1976, and 1980.

Mr. Schwarzenegger told the chiropractic audience, "As Governor, you have a chance every day to help people. This is what we have in common...We are friends of chiropractors because chiropractors are dealing with health, fitness, strength and energy...That's what chiropractors are all about, helping people, to make them strong and fit and get their lives back together. So here we are for fourteen years, holding interesting meetings, working together, learning from each other, and I just wanted to tell you how proud we are of all of you, and how happy we are that we have joined together in this great program."

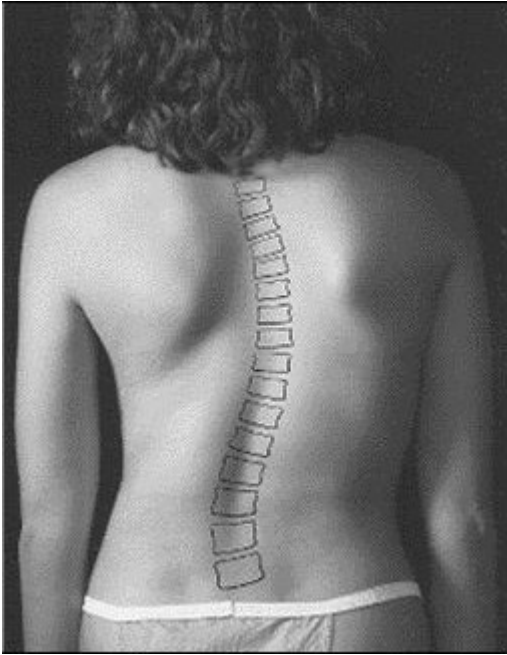
Governor Schwarzenegger also spoke about his own personal experience with chiropractic, telling the audience that after his recent and much publicized motorcycle accident, " Even though on screen I am the robot, the mechanical man, in reality I am also vulnerable and I have my accidents; and you probably heard about my motorcycle accident...my head was thrown forward and I had stitches on my lip...but you know your neck and back afterwards are sore, and I went to the chiropractor who fixed me up and it was really bad for a few days and I couldn't move; and he gave me just three adjustments and I was perfectly fine after that. So I just want to say that I love your profession."

Governor Schwarzenegger concluded his talk and then took the time to pose for individual pictures with each of the doctor's present. His ongoing support of chiropractic is evident as he continues to make a point of being present for the chiropractic event even though he has cancelled most of his other appearances during the Fitness Weekend since becoming governor of California.

The Arnold Fitness Weekend is the largest family fitness festival in the world. This year's weekend hosted more than 30 events, drew over 120,000 spectators and featured over 15,000 athletes, which is more than six times the number present at this year's Winter Olympics.



## Scoliosis Helped in Clinical Case Studies



Published in the January 12, 2006 issue of the scientific journal, *Chiropractic & Osteopathy* from Australasia, comes a report of a series of case studies documenting chiropractic helping multiple cases of idiopathic scoliosis. In this report three documented case studies are followed and the results reported after chiropractic care.

Idiopathic scoliosis is the most prevalent form of scoliosis and occurs to some degree in approximately one half million adolescents in the US. Scoliosis is a bending or curvature of the spine. The term idiopathic means that the origin is unknown.

In this report the three subjects each had uniquely different situations. The first subject was a 37-yr-old female who came to a private spine clinic with a chief complaint of neck and back pain. Her history included surgical spinal fusion and implantation of a Harrington rod against her spine. The second subject was a 30-yr-old male who also went to a private spine clinic with a chief complaint of chronic mid thoracic pain. His history included scoliosis and a previous diagnosis of Scheuermann's Disease. The third subject was a 23-year-old female who presented with neck and mid-back and shoulder pain.

The subjects in this study were noted as having curvatures measuring 35°, 22°, and 37° respectively. These curvatures were measured using the "Cobb angle" which is a standard technique used to measure the severity of a spinal curve - in degrees - from spinal x-rays.

The chiropractic care consisted of a 12 week period of adjustment and home care treatments. These were followed up by post-treatment x-rays and examinations in order to evaluate the progress. The results were measured using the Cobb angle method and the measurements were compared to the Cobb angles recorded at the beginning of care.

The results in these cases all showed improvement. The patient with an initial 35° Cobb angle showed a 13° reduction after the 12 week period. The patient with the initial 22° Cobb angle showed an 8° improvement, and the patient with the 37° initial Cobb angle, showed a decrease of 16° over the 12 weeks.

The researchers noted that this study was small, and they said that the findings suggest the need for a larger controlled study. They concluded, " Given the perceived results of the cases outlined here, it is worthy of future investigations in such cases



### **Chiropractic Helps Patients With Acute Back Pain and Sciatica with Disc Protrusion**

A new study from Italy published in the March issue of *The Spine Journal*, showed that chiropractic care was effective in helping patients with acute back pain and sciatica with disc protrusion. This randomized double-blind clinical trial involved 102 ambulatory patients with at least moderate pain or radiating pain, who had an MRI study showing disc protrusion.

The patients were divided into two groups. One group received chiropractic adjustments 5 days per week by experienced chiropractors, with a maximum of 20 visits. The second group received what the study termed, "simulated manipulations" in order to have a group for comparison to those receiving real chiropractic care.

The results showed that those who got the real chiropractic care improved significantly over the group that received the simulated manipulations. In the group that received the chiropractic care, 55% were free of radiating pain in the follow ups compared to 20% of patients who got the simulated manipulations. Additionally, when measuring local pain, 28% of those who received real chiropractic were free of local pain, versus only 6% of those who got the simulated manipulation.

The results also showed improvements in days of pain with the group that received the real care reporting 6 less days of pain than those in the simulated care group. In addition to these benefits the group with the real care reported using less medications to help with the pain as a result of the chiropractic care.

In this study none of the patients in either group had any adverse effects, and one from each group did report no results at all and were listed as "treatment failures". The researchers conclusions were, "Active manipulations have more effect than simulated manipulations on pain relief for acute back pain and sciatica with disc protrusion."