

Preliminary Study Shows Chiropractic Helps MS Patients with Pain

A preliminary study published in the June 2005 edition of the British scientific journal *Clinical Chiropractic*, showed that chiropractic helped patients with Multiple Sclerosis who were suffering from pain associated with their MS. The study was performed at the extended care facility, Monroe Community Hospital in Rochester, New York. The study noted that many patients with MS suffer from reoccurring pain that can have a debilitating effect on patients ability to function.

In this preliminary study 19 patients who were residents of Monroe Community Hospital and who suffered from relapsing MS received chiropractic care over a 12 month period. The average age of these patients was 52.7 and 84% were female.

The results showed that all 19 showed a general trend toward improvement. Also important is that only three showed any transient side effects and that those effects lasted less than 48 hours. In all no serious side effects were noted in this study.

The researchers noted that MS patients have a high likelihood of developing chronic pain syndromes. This pain can lead to a higher degree of disability than the MS alone. They stated, "Given the high rate of complications with NSAIDs (Non-Steroidal Anti Inflammatory Drugs), and narcotics it is imperative that different treatment options for this chronic pain be evaluated. The researchers continued, "The treatment for pain has traditionally been pharmacological: however, greater numbers of MS patients suffering from chronic pain are turning to non-pharmacologic treatment options, including chiropractic care.