

Case Study: Chiropractic helps Multiple Sclerosis patient

A 1994 case study in the *Chiropractic Research Journal* (vol. 3-no. 1) reported that a woman with Multiple Sclerosis responded very favorably to chiropractic care.

Multiple Sclerosis (MS) is a condition where the insulating cover of nerves degenerates in multiple areas of the brain and/or spinal cord. When the body attempts to heal this damage, sclerosing or hardened plaque forms.

The patient was given the Rand Health Survey questionnaire to help rate her symptomatic improvement throughout her care cycle for the study. The Survey asks questions in several areas and was scored as follows:

- 0 = severe (unable to perform daily activities)*
- 25 = Moderately Severe (greatly limits daily activities)*
- 50 = Moderate (interferes with daily activities)*
- 75 = Mild (noticeable with no interference)*
- 100 = Normal*

The following chart shows the life areas questioned by the Rand survey, her score at the beginning of the study and at the end of the study after Chiropractic care.

Area Questioned	beginning	end
<i>Physical functioning</i>	50	55
<i>Limits due to physical health</i>	0	50
<i>Limits due to emotional health</i>	0	100
<i>Energy/fatigue</i>	5	25
<i>Emotional well-being</i>	40	76
<i>Social functioning</i>	12.5	50
<i>Pain</i>	90	90
<i>General Health</i>	25	45

The authors did this study to show that MS and its symptoms originate or can be aggravated from the interference produced by the Vertebral Subluxation Complex. The improvements made in this particular case certainly seem to support that conclusion. The authors also hope that this case will help spark further study. ▲



Case Study: MS Patient Helped By Chiropractic

A case study highlighted in the May 2001 issue of the *Journal of Vertebral Subluxation Research* reports that a patient with Multiple Sclerosis (MS) responded very favorably to a long-term chiropractic corrective care program.

Multiple Sclerosis occurs when the nerves in the central nervous system lose their insulating covering (called myelin sheaths) from either traumatic damage such as a fall or an auto-immune reaction where the body's own immune system attacks itself.

The patient in this study was a 46 year-old woman who was diagnosed with MS at the age of 44. The diagnosis was confirmed by the use of MRI which showed the characteristic MS lesions in the white matter of the spinal cord.

She also reported that approximately 10 years before her MS symptoms appeared, she had experienced a fall that would likely have contributed to the onset of her MS as well as spinal subluxations.

Her neurologist prescribed drug therapy but since the patient was concerned about the long-term effects of the drugs, she decided to pursue a course of chiropractic corrective care first.

After the first week of chiropractic care the patient reported improved bladder control and a decrease in numbness, tingling and pain in her left leg and right hand. After one month of care, her leg strength returned and the only place she experienced numbness was in her left hand.

After four months of chiropractic care the patient reported a complete absence of MS symptoms. Five months after her first MRI, another one revealed no new lesions and a reduction of the original lesions.

During the next 12 months of follow-up chiropractic care, the patient reported that no MS symptoms reoccurred and her MRIs continued to show no new lesions as well as improvement in the original ones. Two years after the first chiropractic adjustment, the patient remained asymptomatic, her neurologist considered her case stable and suggested that she only be reexamined once a year with MRI.

The researcher reports that during the course of the patient's chiropractic corrective care program, "no other intervention was reported that could have provided an alternative explanation for the dramatic improvement of the patient's condition." ▲

■ Chiropractic Care May Slow Progress Of Parkinson's, MS

The August 2004 issue of the Journal of Vertebral Subluxation Research highlights a report finding that chiropractic care may halt or reverse the symptoms of Parkinson's disease and Multiple Sclerosis (MS).

The study involved 81 patients with Parkinson's disease and MS that were under chiropractic care for correction of vertebral subluxations or misalignments of the small bones of the spine.

Seventy-eight of the 81 patients reported that they had experienced at least one traumatic head or neck injury between 2 months and 30 years prior to the onset of their disease. Previous research has proposed a causal link between head and neck injuries and the development of Parkinson's and MS.

In the study, 34 of the Parkinson's patients and 40 of the MS patients showed symptomatic improvement following chiropractic care.

In the Parkinson's group, 16 showed substantial improvement, 8 showed moderate improvement and 11 showed minor improvement. Improvement in the MS group showed 28 substantial, 8 moderate and 5 minor.

In the improved cases, no further progression of symptoms occurred over a 1-5 year period.

Commentary: This case illustrates that by correcting vertebral subluxations and removing the resulting nerve interference, chiropractic care allows your body to function better, regaining and maintaining a higher degree of health. As a result, all types of health challenges are easier dealt with, whether they are symptomatic or not.