



SPINAL COLUMN

Newsletter

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Doctor of Chiropractic

In the last issue I discussed the **OTHER** treatments for Low Back Pain (LBP), in this issue I'll like to cover the conservative Chiropractic treatment.

Chiropractic treatment of LBP emphasizes spinal adjustment, known as spinal manipulation. The primary objective of manipulation is to restore movement in the locomotor's system; the chiropractic management stresses the participation of the Doctor of Chiropractic (D.C.) in restoring movement into the affected lower back. This management pathway is so unique in that the entire management is delivered and supervised by the doctor himself who tailors it to the needs of the patient. It combines on going assessments, formal or informal, progress, and recovery of function. A flexible, individualized treatment plan is designed to incorporate corrective, doctor – delivered therapy and patient participation in home care.

There are four stages of chiropractic management of LBP:

The first stage consists of decreasing pain, inflammation, muscle spasm and compression on joints or nerve root. Treatments offered to accomplish this objective include recommending rest (2-4 days in severe cases) ice or heat therapy, low force manual soft tissue therapy and passive joint mobilization. Patients are taught to improve their illness behaviors and are encouraged to do at home treatments.

The second stage in the management of LBP patients deal with the recovery of **FUNCTION** such as improving muscle tone, normal joint flexibility and joint play and the promotion of nerve root healing. To meet these ends, the D.C. will perform spinal adjustive manipulation, and use modalities such as heat, ultra sound, and traction etc..., additionally the D.C. may prescribe home treatments such as low level exercise and stress to the patient the need to reduce abnormal illness behaviors.

The third stage involves rehabilitation, whereby the D.C. attempts to recondition the patient's muscles tone and strength, and fully restore active range of motion and joint play and the patient's overall dynamic functional harmony. The treatment used to meet these objectives includes spinal adjustive manipulation, conditioning, flexibility and exercises, postural retraining, ergonomic awareness and continued educational intervention to reduce the patient's abnormal illness behavior.

The Fourth and final stage of management is the period of reinforcement which consists of initiating a full scale preventative program of continuing exercise, and discharging the patient to full active care. The D.C. continues to encourage wellness behavior after a full recovery has been made.

Spinal adjustment manipulation is a procedure in which the hands are used to deliver a thrust that is sudden and brief to stimulate and influence the spinal and Para spinal tissues with the aim of influencing the patient's health. . It requires precise positioning and proper degree of force. It is safe and effective. **Dr. Issam Ayache** has maintained that early detection and conservative treatment of back problems coupled with daily exercise and a healthy life style will greatly reduce the chances of back pain.

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