



the spinal column

Dr. Issam Ayache clinic: 01/ 747 165 cell: 03/ 747 165 November 2007

Abdul Aziz St - HSBC Bldg. 4th Floor - Hamra - Beirut - Lebanon
e.mail: drayache@yahoo.com websites: www.drayache.com OR www.lebchiropractic.com

C H I R O P R A C T I C

Chiropractic is the third largest health care profession after medicine and dentistry. It was founded in 1895 in the USA, and is now established in over 100 countries. There are approximately over 100,000 doctors of chiropractic in the USA, and a similar number worldwide.

It is a health care profession concerned with the diagnosis, treatment and prevention of disorders of the musculoskeletal system, and the effects of these disorders on the nervous system and general health.

Chiropractic and medical schools have similar total student hours- 4822 (chiropractic) and 4667 (medical)". The Doctor of Chiropractic has three years of pre-chiropractic education and four years of chiropractic education ,

Chiropractors provide conservative management of neuromusculoskeletal disorders and related functional manifestations, including but not limited to back pain, neck pain, and headaches.

Chiropractors are expert providers of spinal and joint manipulation, and provide patient evaluation and instructions regarding prevention, health promotion through proper nutrition, exercise, and lifestyle modification.

Chiropractic diagnostic and therapeutic goals are achieved safely, quickly, and economically as possible.

Optimal patient care can best be achieved when chiropractic is vertically integrated within the health system. Interprofessional co-operation is essential.

Doctors of Chiropractic carry out spinal diagnosis and management at a sophisticated and refined level, and they are the only health care professionals who are equipped by their education and training to carry out spinal manipulative therapy, and to determine whether there are any contraindications to such treatment.

Chiropractors offer accessible and appropriate care to all population groups.

Chiropractors recognises the multifaceted aspects of health, disease, etiology and related patient care.

Numerous studies have shown and proved that chiropractic care is very effective , safe and cost effective.

Although empirical evidence suggests that chiropractic is a safe and effective means of natural healing, a growing body of scientific data supports chiropractic's effectiveness. The studies listed below are a tiny fraction of the studies published on the efficacy of chiropractic.

The Rand Study- one of the most prestigious centers for research in public policy and health, released a study in 1991 which found that spinal manipulation is appropriate for specific kinds of low back pain.



The Koes Clinical Trial. A 1992 Dutch project compared manipulative therapy (chiropractic) and physiotherapy for the treatment of persistent back and neck complaints. After 12 months, the manipulative therapy group showed greater improvement in the primary complaint as well as in physical function, with fewer visits.

The AHCPR Guideline-In 1994, the Agency for Health Care Policy and Research , released a clinical practice guideline for the treatment of acute low back problems. The guidelines recommend the use of spinal manipulation as an effective method of pain control. The researchers developing the guideline found that "manipulation is safe and effective for patients with acute low back.

The Manga Study-This study researched both the effectiveness and cost-effectiveness of the chiropractic management of low-back pain. Dr. Pran Manga, the study's author, found out (Spinal manipulation applied by chiropractors is shown to be more effective than alternative treatment for low back pain.)

The Duke Study-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 commonly prescribed medications.

The IPA Study-A survey of patients of chiropractors in an independent physicians' association found that, when asked if they would recommend their Doctor of Chiropractic to others, 95% of the patients said "yes." Other results were as high:

Explanation of what was done at the visit-95.5% Excellent or Very Good

Technical skills of the provider-98.5% Excellent or Very Good

Overall visit 100% Excellent or Very Good

Thousands of individuals all over the world are finding restored mobility and relief from pain in the hands of their Doctor of Chiropractic.

As health care choices become increasingly diverse and as consumers take more responsibility for designing a personal plan for optimal health, it is clear that chiropractic will be a choice for many. How about you?

Dr. Issam Ayache earned a Bachelor of Science Degree (B.Sc) in biology and minor in chemistry from Texas A&I University in Kingsville, Texas., And a Doctor of Chiropractic Degree, (D.C.) from Texas Chiropractic College. Houston, Texas. He is a diplomat of the American Board of Chiropractic Examiners. In his twenty five years of practice, Dr. Ayache has completed postgraduate studies in sport injuries, nutrition, spine and joint manipulative techniques, acupuncture, rehabilitation and exercise.