MASTER CLASS:
Focus on Chiropractic Sciences and clinical research published in the JCCA
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Dr. Kent Stuber, Dr. Brynne Stainsby, Dr. Chadwick Chung, Dr. Dana Lawrence, Dr. Paul Mastragostino, Dr. Sil Mior, Dr. Igor Steinman, Dr. Daphne To

In your opinion, what are the 2 or 3 chiropractic research studies that every chiropractor should be familiar with?

Dr. Kent Stuber

The CCGI had a couple of guidelines that they produced related to Low back pain and there’s another guideline coming on lumbar spinal stenosis, that I think every chiropractor should read and be familiar with. So keeping apprised of the guidelines would be what I would recommend to everyone.

https://www.ccgi-research.com/guidelines

Dr. Brynne Stainsby


Dr. Paul Mastragostino


2. A great list of papers can also be found here from the College of Chiropractic Sciences Canada: https://ccs-canada.ca/research/cornerstone-papers
In your opinion, what are the 2 or 3 chiropractic research studies that every chiropractor should be familiar with?

**Dr. Chadwick Chung**


**Dr. Dana Lawrence**


**Dr. Daphne To**


Hi Dr. Mior - thank you for the very informative presentations! Regarding the control/study groups in the SWIFT study, is it known what exercise regimen was being followed by the non-SWIFT group?

Dr. Sil Mior

Thank you for your excellent question. In reviewing responses by the “control group”, only a few participated in formal exercise classes or regime usually conducted in their condo. The others reported regularly walking, dancing and golfing. Those not reporting regular exercise or activities were socially active volunteering.