



## MASTER CLASS:

### Focus on Chiropractic Sciences and clinical research published in the JCCA

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**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**

1. Cassidy JD, Boyle E, Côté P, et al. Risk of vertebrobasilar stroke and chiropractic care: results of a population-based case-control and case-crossover study [published correction appears in *Spine (Phila Pa 1976)*. 2010 Mar 1;35(5):595]. *Spine (Phila Pa 1976)*. 2008;33(4 Suppl):S176-S183.
2. Bronfort G, Evans R, Anderson AV, et al. Spinal manipulation, medication, or home exercise with advice for acute and subacute neck pain: a randomized trial. *Ann Intern Med*. 2012;156(1 Pt 1):1-10. doi:10.7326/0003-4819-156-1-201201030-00002
3. Bronfort G, Maiers MJ, Evans RL, et al. Supervised exercise, spinal manipulation, and home exercise for chronic low back pain: a randomized clinical trial. *Spine J*. 2011;11(7):585-598. doi:10.1016/j.spinee.2011.01.036

#### **Dr. Paul Mastragostino**

1. Côté P, Wong JJ, Sutton D, et al. Management of neck pain and associated disorders: A clinical practice guideline from the Ontario Protocol for Traffic Injury Management (OPTIMa) Collaboration. *Eur Spine J*. 2016;25(7):2000-2022. doi:10.1007/s00586-016-4467-7
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**

1. Cassidy, J. D., Boyle, E., Côté, P., He, Y., Hogg-Johnson, S., Silver, F. L., & Bondy, S. J. (2008). Risk of Vertebrobasilar Stroke and Chiropractic Care: Results of a Population-Based Case-Control and Case-Crossover Study. *European Spine Journal*, 17(Suppl 1), 176–183. <https://doi.org/10.1007/s00586-008-0634-9>
2. Carroll, L. J., Hogg-Johnson, S., van der Velde, G., Haldeman, S., Holm, L. W., Carragee, E. J., Hurwitz, E. L., Côté, P., Nordin, M., Peloso, P. M., Guzman, J., & Cassidy, J. D. (2008). Course and Prognostic Factors for Neck Pain in the General Population: Results of the Bone and Joint Decade 2000 –2010 Task Force on Neck Pain and Its Associated Disorders. *European Spine Journal*, 17(Suppl 1), 75–82. <https://doi.org/10.1007/s00586-008-0627-8>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2271093/>
3. Words matter: the prevalence of chiropractic-scientific terminology on Australian chiropractors' websites. Kenneth Young. *Chiropractic & Manual Therapies* (2020) 28:18

**Dr. Dana Lawrence**

1. Cassidy JD, Boyle E, Côté P, Hogg-Johnson S, Bondy SJ, Haldeman S. Risk of Carotid Stroke after Chiropractic Care: A Population-Based Case-Crossover Study. *J Stroke Cerebrovasc Dis*. 2017;26(4):842-850. doi:10.1016/j.jstrokecerebrovasdis.2016.10.031
2. Goertz, C. M., Long, C. R., Vining, R. D., Pohlman, K. A., Walter, J., & Coulter, I. (2018). Effect of Usual Medical Care Plus Chiropractic Care vs Usual Medical Care Alone on Pain and Disability Among US Service Members With Low Back Pain: A Comparative Effectiveness Clinical Trial. *JAMA network open*, 1(1), e180105. <https://doi.org/10.1001/jamanetworkopen.2018.0105>
3. Schneider, M., Haas, M., Glick, R., Stevans, J., & Landsittel, D. (2015). Comparison of spinal manipulation methods and usual medical care for acute and subacute low back pain: a randomized clinical trial. *Spine*, 40(4), 209–217. <https://doi.org/10.1097/BRS.0000000000000724>  
*Spine* (Phila Pa 1976). Author manuscript; available in PMC 2016 Feb 15.

**Dr. Daphne To**

1. Hartvigsen J, Hancock MJ, Kongsted A, et al. What low back pain is and why we need to pay attention. *Lancet*. 2018;391(10137):2356-2367. doi:10.1016/S0140-6736(18)30480-X
2. Foster NE, Anema JR, Cherkin D, et al. Prevention and treatment of low back pain: evidence, challenges, and promising directions. *Lancet*. 2018;391(10137):2368-2383. doi:10.1016/S0140-6736(18)30489-6
3. Finucane LM, Downie A, Mercer C, et al. International Framework for Red Flags for Potential Serious Spinal Pathologies [published online ahead of print, 2020 May 21]. *J Orthop Sports Phys Ther*. 2020;1-23. doi:10.2519/jospt.2020.9971



**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.