

RESEARCH REVIEW—MURPHY

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pain. He is especially warned about heavy lifting."

Under some circumstances, it may be necessary for the patient to change his occupation.

"All strenuous athletic pursuits should be stopped temporarily."

7. Postural exercises:

These should be both strengthening and stretching exercises.

8. Medication:

"Fairly large doses of the vitamin B Complex have proved beneficial to many patients."

9. Weight control:

"Obesity definitely predisposes the patient to painful back conditions and such patients should be encouraged to reduce to a normal weight."

10. Improvement in general health.

Pertaining to manipulation, Dr. Ramsey makes the following comments:

"From what is known about the pathology of lumbar disk lesions, it would seem that the ideal form of conservative treatment would theoretically be a manipulative closed reduction of the displaced disk material."

"Many forms of manipulation are carried out by orthopaedic surgeons and by cultists and this form of treatment will probably always be a controversial one."

"We limit the use of manipulation almost entirely to those patients who do not seem to be responding well to non-manipulative conservative treatment and who are anxious to have something else done short of operative intervention."

"The method we use is relatively simple and can be done with or without anesthesia. It is more likely to be effective with anesthesia because the muscle relaxation permits greater motion by manipulation."

"The patient lies on his side on the edge of the table facing the surgeon and the leg that is up is allowed to drop over the side of the table, tending to swing the up-side of the pelvis forward. The arm that is up is allowed to drop back behind the patient, tending to pull the shoulder back. The surgeon then places one hand on the patient's shoulder and his opposite forearm on the patient's iliac crest. Simultaneously, the shoulder is thrust suddenly back, rotating the torso in one direction while the iliac crest is thrust down and forward, rotating the pelvis in the opposite direction. This gives the lumbar spine a twist that frequently causes an audible and palpable crunch. This procedure is then repeated with the patient on his other side. The patient is then turned on his back and his hips and knees are hyperflexed sufficiently to forcibly flex the lumbar spine which tends to open up the disk spaces posteriorly."

"The patient should be cautioned

beforehand that forceful manipulation may possibly make his symptoms worse although many patients will get marked relief."

Dr. Ramsey clearly defines the procedure as a lumbar spine manipulation. It is also clear the manipulation is rotational in nature, describing it using the term "twist." Additionally he notes that the manipulation is "forceful" and associated with an "audible and palpable crunch." Although he cautions that the manipulation may make the patient worse, "many patients will get marked relief."

Fifteen years later (in 1969), physicians JA Mathews and DAH Yates from the Department of Physical Medicine, St. Thomas' Hospital, London, published a study titled:

Reduction of Lumbar Disc Prolapse by Manipulation

This study by Drs. Mathews and Yates appeared in the September 20, 1969 issue of the *British Medical Journal*. These authors evaluated a number of patients that presented with an acute onset of low back and buttock pain who

did not respond to rest. Diagnostic epidurography showed a clinically relevant small disc protrusion, along with antalgia and positive lumbar spine nerve stretch tests. These patients were then treated with long-lever rotation manipulations of the lumbar spine, using the shoulder and iliac crest as levers. These lumbar spine manipulations were clearly accompanied with a thrust maneuver. The manipulations were repeated until abnormal symptoms and signs had disappeared. Following the manipulations there was resolution of signs, symptoms, antalgia, and reduction in the size of the protrusions.

The drawing to the right and description of the rotation manipulation was included in their study.

Important comments from Drs. Mathews and Yates from this study include:

"Manipulation of the lumbar spine has been used as an empirical treatment of low backache since antiquity. The persistence and popularity of this type of treatment was

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Reduction of Lumbar Disc Prolapse by Manipulation

J.A. MATTHEWS AND D.A.H. YATES: REDUCTION OF LUMBAR DISC PROLAPSE BY MANIPULATION

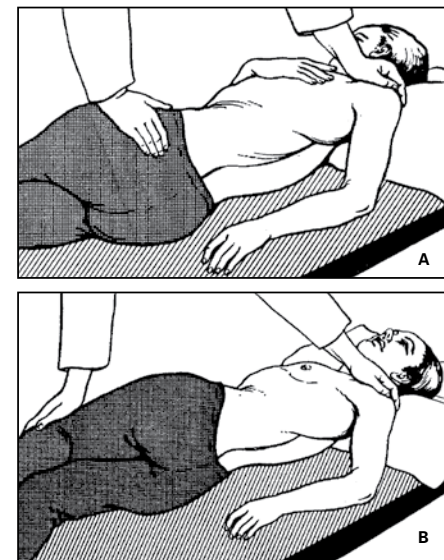


FIG. 1A and 1B — A firm additional thrust completed the rotation manipulation.

The caption below this drawing said: **"A firm additional thrust completed the rotation manipulation."**



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