

International Conference on

# Complementary & Alternative Medicine

October 17-18, 2018 | Las Vegas, USA

## Upper cervical chiropractic, an alternative approach to traditional osteopathic manipulation: Case studies, efficacy and safety

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**Statement of the Problem:** With the opioid epidemic on the rise, patients and doctors need safe, natural and alternative means to relieve spinal pain, disc problems and pinched nerves. Only 8.6% of adults in the United States utilize Chiropractic/Osteopathic treatments. Researchers have reported that while traditional manipulation is largely a safe approach, injuries due to rotational and forceful thrusting maneuvers still occur in the clinical setting. The purpose of this lecture is to highlight a unique approach within the chiropractic profession, known as Upper Cervical Care. This non-manipulative, low-force approach to chiropractic has yielded a patient satisfaction rating of 9/10. In the largest published study, consecutive new patients from the offices of 83 upper cervical chiropractors were recruited. Clinical outcome measures included 1) Neck pain disability index (100-point scale), 2) Oswestry back pain index (100-point scale), 3) 11-point numerical rating scale (NRS) for neck, headache, midback, and low back pain, 4) treatment satisfaction, and 5) Symptomatic Reactions (SR). Data were collected at baseline, and after approximately 2 weeks of care. A patient reaching sub-clinical status for pain and disability was defined as a follow-up score <3 NRS and <10%, respectively. A SR is defined as a new complaint not present at baseline or a worsening of the presenting complaint by >30% based on an 11-point numeric rating scale occurring <24 hours after any upper cervical procedure.

**Results:** A total of 1,090 patients completed the study having 4,920 (4.5 per patient) office visits requiring 2,653 (2.4 per patient) upper cervical adjustments over 17 days. Three hundred thirty-eight (31.0%) patients had SRs meeting the accepted definition. Intense SR (NRS  $\geq 8$ ) occurred in 56 patients (5.1%). Outcome assessments were significantly improved for neck pain and disability, headache, mid-back pain, as well as lower back pain and disability ( $p < 0.001$ ) following care with a high level (mean = 9.1/10) of patient satisfaction. The 83 chiropractors administered >5 million career upper cervical adjustments without a reported incidence of serious adverse event.

**Conclusions:** Upper cervical chiropractic care may have a common occurrence of mild intensity SRs short (<24 hours), and rarely severe in intensity; however, outcome assessments were significantly improved with less than 3 weeks of care with a high level of patient satisfaction.

### Biography

At age 13 Devin Luzod told his parents he wanted to grow up and become a chiropractor, and his entire life has been a mission to help serve humanity and relieve those who suffer. After graduating Life Chiropractic University in 1999, he has built multiple clinics and trained dozens of doctors on the gentle, specific upper cervical chiropractic form of care. He is the head doctor at Spinal Care of Nevada located Summerlin, NV at 1930 Village Center Cir, H11 Las Vegas NV, and is also the clinic director at Gentle Pain Care Centers in Henderson, NV.

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