WHITE MOUNTAIN
Chiropractic & Rehabilitation

Effects of Flexion-Distraction Manipulation Therapy on Pain and Disability in Patients with Lumbar Spinal Stenosis
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Visual Analog Scale

Oswestry Disability Index

— Conservative Treatment Group   — Flexion-Distraction Manipulation Group

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Neurogenic claudication secondary to spinal stenosis is seen every day in primary care practices' worldwide. Traditionally, these patients are either prescribed medications or referred for a surgical consultation. Promising new research indicates that chiropractic manipulation is an effective treatment option.

The conservative treatment group in this study received a hot pack (20 min), interferential current therapy (15 min) and ultrasound (5 min). The flexion-distraction manipulation group received the same modalities with the addition of the manipulation technique.

The low force technique of flexion-distraction manipulation can be very effective at reducing the symptomatology associated with spinal stenosis. By distracting the facets, stimulating mechanical receptors, and decreasing intradiscal pressure; flexion-distraction can provide significant therapeutic benefit. Additional research has shown flexion-distraction to increase the movement of metabolites through the disc; which is important to facilitate the healing process.

"The typical clinical symptoms of lumbar spinal stenosis are lumbar pain, intermittent claudication, and radicular pain."

"…flexion-distraction manipulation is aimed at reducing stenosis of the ligament around the spine, decreasing intradiscal pressure, and expanding the intervertebral foramen, thereby aiding the recovery of damaged spinal nerves and functional recovery of the surrounding structures."

"According to the results of this study, the VAS and ODI scores showed a greater decrease in the flexion-distraction manipulation group than in the conservative treatment group."

We believe in creating a healthier community. We believe patients have better outcomes when physicians work together. Let's build a healthier tomorrow.

800 Turnpike Road
New Ipswich, NH 03071

Dr. Colby Lamson   Dr. Rachel Morgan
603.899.5153   WMTChiropractic.com

1102 Route 119
Rindge, NH 03461