

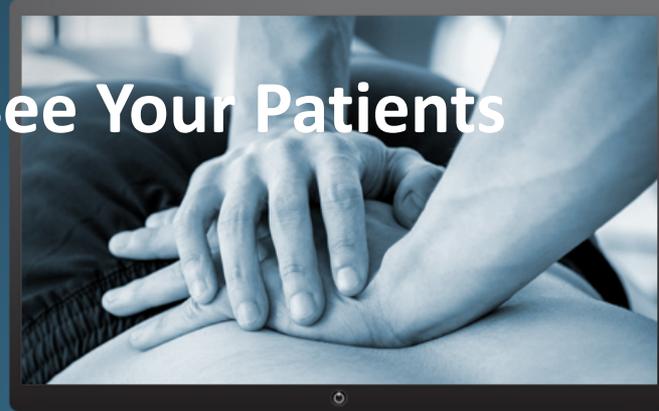


CLINICAL SCIENCE LEVEL 2

# 9 – How Often Should You See Your Patients



HAAVIK  
RESEARCH



# Content

- How do you decide how often you should see your patients?
- Evidence Based Practice Model answer
- Research on frequency of care for low back pain
- Research on frequency of care for cervicogenic headaches
- Evidence about maintenance care vs symptomatic care
- Summary and take-home messages



## Frequency of Care



## Basic Science

- Mechanisms
- How something works
- What effects on the brain occur after an adjustment

vs

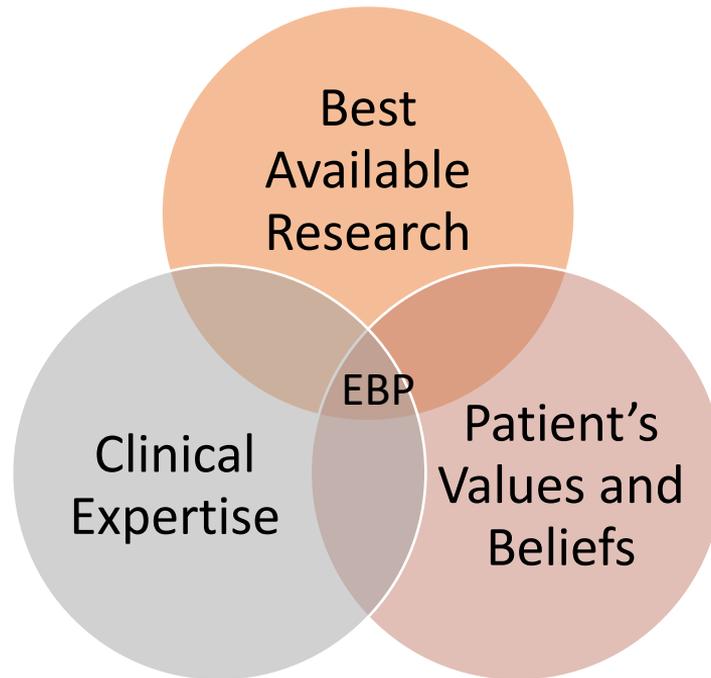
## Clinical Science

- What effect an intervention has on a health outcome
- What health benefits there are from an intervention

What can go wrong if you rely purely on your patient's wishes or purely on your own experience?



# Evidence Based Practice



What Does  
the Research  
Say?



# Dose- Response Low Back Pain (LBP) Study

- 1,2,3, or 4 chiropractic visits per week for three weeks
- 72 patients with chronic LBP
- HVLA spinal manipulation + some other physical modalities
- Relief was substantial for patients receiving care 3 to 4 times per week for three weeks

# Follow Up Larger Study

400 patients with  
chronic low back  
pain

0,6,12, or 18  
sessions of SM  
over 6 weeks

Pain scores better  
in groups getting  
adjusted

At 12 weeks- 2x  
per week had  
best results

At 52 weeks- 3x  
week had best  
results

Only modest  
differences so not  
conclusive results

*(Haas et al 2014)*



# Dose Response for Cervicogenic Headaches

24 patients with cervicogenic headaches

1,3, or 4 chiropractic visits per week for  
three weeks

3 or 4 times per week showed  
substantial benefits at twelve weeks  
compared to once per week

*(Haas et al 2004; 2010)*



## Follow Up Larger Study

- 80 patients with cervicogenic headaches.
- 1 or 2 visits per week for eight weeks.
- Control group receiving light massage 1 or 2x per week.
- Outcomes assessed - pain scales, frequency of headaches, medication use.
- Followed over twenty-four weeks.
- Results:
  - Significant improvement in pain and disability scores in chiropractic group.
  - Fewer headaches at twelve weeks in chiropractic group.
  - Less medication use at twenty-four weeks in chiropractic group.
  - Frequency of care not significantly different but in general more frequent had better outcomes.

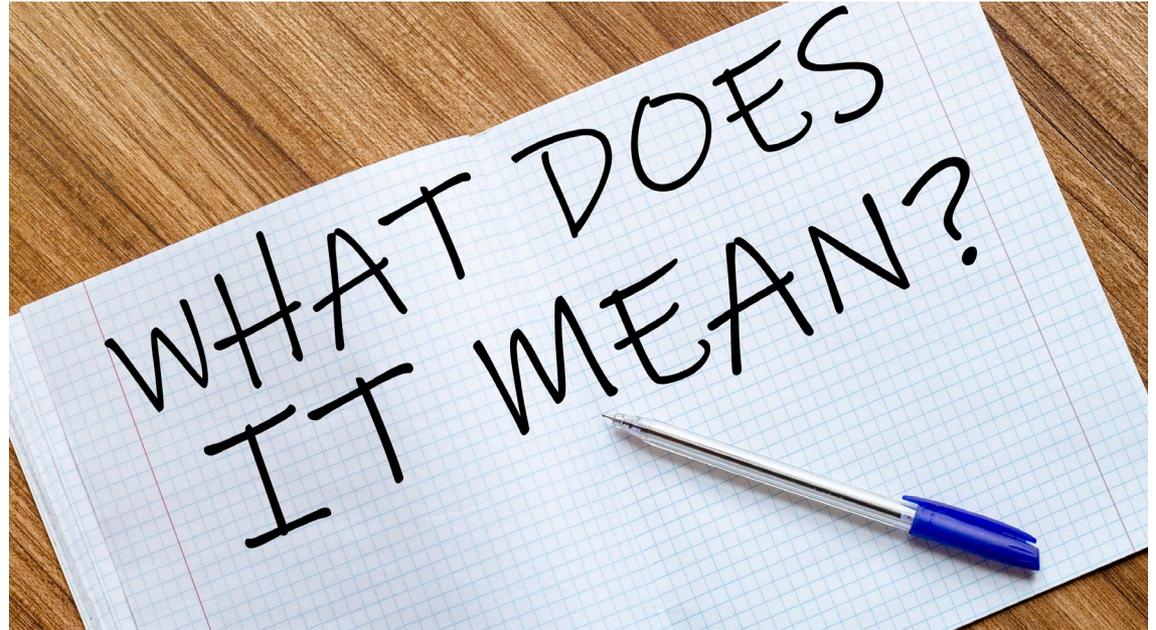
*(Haas et al 2010)*

## Chronic Cervicogenic Headaches

- 256 participants.
- 1, 2, or 3 chiropractic visits per week for six weeks.
- Control group receiving light massage.
- Main outcome assessed of number of headache days at twelve and twenty-four weeks.
- Results:
  - The more adjustment visits, the fewer headache days.



Talking  
About This  
Study..



## Take-home Message Cervicogenic Headaches

*“For most people suffering from cervicogenic headaches, research has shown that being seen by a chiropractor at least three times a week for at least six weeks gives the best results when it comes to how often they end up having headaches. So, if you or someone you know has headaches that are related to how their neck is functioning then they really should consider giving chiropractic care a go and being adjusted at least three times per week for at least six weeks to get the best results.”*

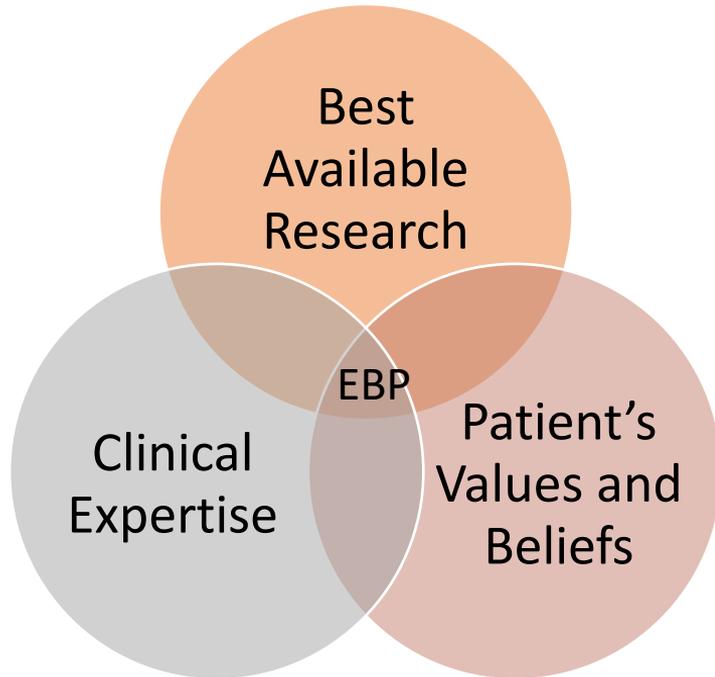


## Take-home Message Low Back Pain

*“For most people suffering from low back pain, research has shown that being seen by a chiropractor at least two times a week gives the best results when it comes to long term outcomes. So, if you or someone you know has low back pain, then they really should consider giving chiropractic care a go and being adjusted at least twice a week for at least six weeks to get the best results.”*



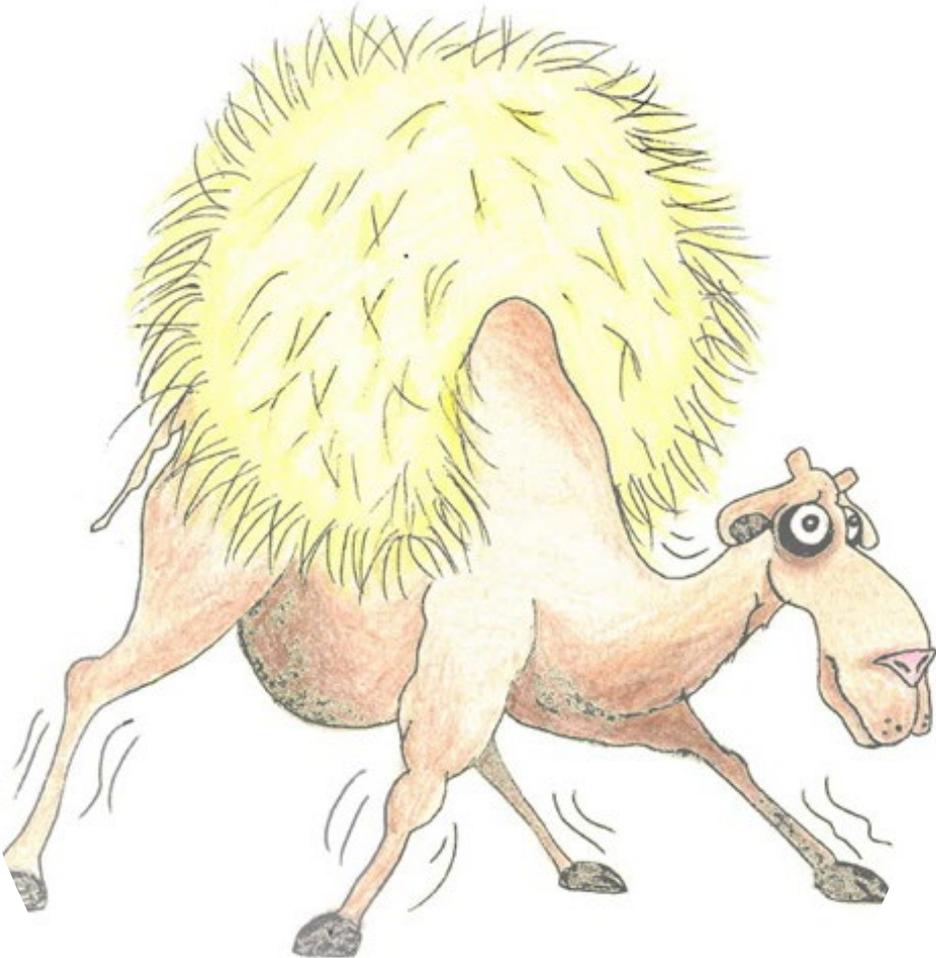
# Summary of Frequency of Care





## Maintenance Care





## 2008 review

Leboeuf-Yde & Hestbæk

- Conclusion: very little known about the efficacy and cost-effectiveness of maintenance care at the time.

- 98 patients with chronic neck pain.
- Two monthly visits to discuss symptoms OR monthly visits for SMT OR monthly visits for SMT and exercise.
- All had symptomatic treatment prior. No real differences found between groups.
- Low pain scores to start with, so hard to see differences.

*(Martel et al 2011)*



# Egypt Study

- 60 patients with chronic low back pain.
- 12 sham sessions over one month then no care for nine months OR...
- 12 chiropractic SMT sessions for one month then no care OR...
- 12 SMT sessions for one month and then fortnightly for nine months.
- Measured pain and disability scores, health status, and patient satisfaction.
- RESULTS:
  - After 1 month both SMT groups and improved more in pain and disability scores than sham.
  - Only the maintenance group still had these improvements at the end of the study.

# Nordic Maintenance Care Program

- Several research groups working together to conduct several studies looking at maintenance care and its benefits in Nordic countries.

## What They Did:

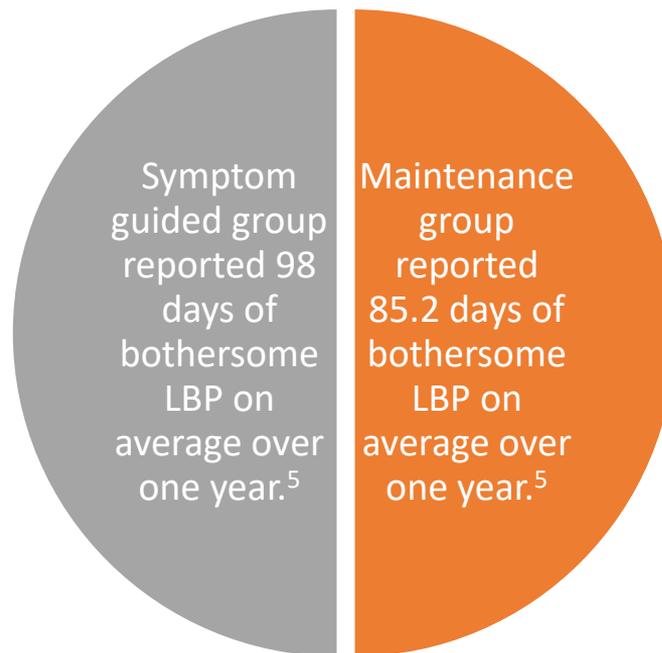
328 patients with non-specific LBP from 40 Swedish chiropractic clinics.<sup>5</sup>

Good responses to care.<sup>5</sup>

Received chiropractic maintenance care for the next year, or symptom-guided care.<sup>5</sup>

Outcomes: number of days with bothersome back pain over one year.<sup>5</sup>

## Results:





## Talking About This Study

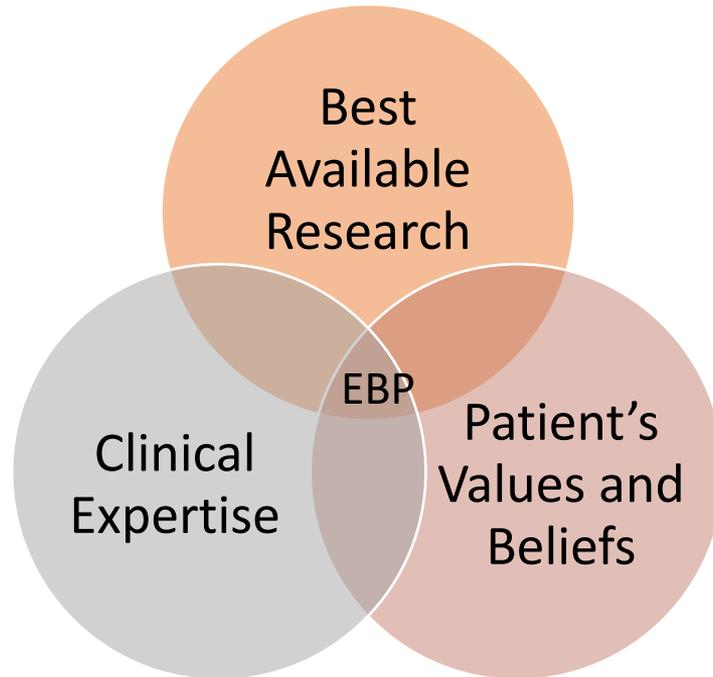
# Take-home Message About Maintenance Care

*“For patients with recurrent low back pain who respond well to chiropractic care, they should consider getting checked regularly by their chiropractor even if their pain doesn’t come back because it may help them to have fewer days where their backpain interferes with their lives.”*



*(Eklund et al 2018)*

# Share This Information With Your Patients



# Lots of Resources to Help You Share the Science



## MAINTENANCE CARE

Dr. Kelly Holt  
B.S., B.S.Clin., F.Chiro., Ph.D.

Dr. Heidi Haavik  
B.S., Ph.D., F.Chiro., Ph.D.

People go to see a chiropractor for many different reasons.<sup>1</sup> Some go because they are in pain, some go because they want to perform better on the sporting field, and some want to sleep better. But did you know that almost 50% of chiropractic patients go to see their chiropractor because they simply want to maintain their health and well-being?

### What is maintenance care?

Maintenance care is when patients go to a chiropractor even when they are not in pain or discomfort. The idea with maintenance care is that regular adjustments will help maintain your spine and nervous system function at its optimal level and help you to be your best and to prevent new episodes of pain developing.<sup>2</sup>

### What does the research say about maintenance care?

It makes sense to look after your health so you don't get sick, right? And that often you get sick because you have been pushing yourself too hard and you've become run down!<sup>3</sup> Well, the research tells us that your spine can get run down too, long before you feel pain. We know that if your brain doesn't send appropriate protective messages to your core trunk muscles you will have a higher risk of developing low back injuries.<sup>4</sup> This makes sense because a lack of core stability means you're basically creating mini whiplash injuries to your spine each time you move around or lift your arm or leg. So, if you end up in pain after bending for some time without you knowing about it, it's often the thousandth straw that breaks the camel's back. All of life's stressors can build up and impact the way your brain is communicating with your trunk muscles and then all that is needed is one last minor thing to go wrong and you end up with pain or other symptoms. The goal of maintenance care is to help take the straws off your camel's back before they cause symptoms or have a big impact on your life. So, the research tells us that chiropractic maintenance care makes perfect sense.



## HOW OFTEN SHOULD YOU SEE YOUR CHIROPRACTOR

Dr. Jenna Duehr  
B.Chiro., B.H.Sc., Ph.D., M.Sc., M.D., M.C.

Dr. Kelly Holt  
B.S., B.S.Clin., F.Chiro., Ph.D.

Dr. Heidi Haavik  
B.S., Ph.D., F.Chiro., Ph.D.

When you first see your chiropractor, you may be among the many people who ask, 'how often do I need to come?' Often the answer people want to hear is 'once' but chiropractic care, like most things that are really good for us, rarely makes a long-term difference to your health and wellness after just one visit.

One reason a single visit to your chiropractor may not make a long-term change is that it usually takes years for the problem to develop that motivates someone to first see a chiropractor and it can take many visits to the chiropractor to correct that problem. One way of looking at it is that it can be like the thousandth straw that breaks the camel's back. A problem can build up day after day as you sit hunched over your desk, or bend and twist as you lift, or tense up as you deal with your daily stress and then one day, you bend to tie your shoe laces and all of a sudden something hurts! You can rest assured that tying your shoe laces isn't what caused the problem, it's simply the thousandth straw that broke the camel's back!



was too much for your back) and that's why you're in pain. There will usually be changes to the way the supporting muscles in your spine work that build up over time, until your muscles can't cope anymore and symptoms appear.<sup>1,2</sup> So, seeing your chiropractor can be a little like going to the gym. It takes time, frequency, and follow up. Working with you to correct the problem and help your brain and the muscles in your spine communicate or 'talk' with each other again so you can regain the stability you need to function properly and resolve your aches and pains.<sup>3</sup>

Seeing your chiropractor can be a little like going to the gym. It takes time, frequency and follow up.

But how long will this take and how often do you need to be checked by your chiropractor? Everybody is different, so your chiropractor will be guided by their clinical experience, and what your goals are when they recommend a care plan for you.



## Lower back pain? Chiropractic care can help!



Do you suffer from low back pain? You are not alone!

Back pain is now the leading cause of disability worldwide<sup>1</sup>. Current back pain guidelines recommend seeing a chiropractor or another non-drug form of healthcare before using medications such as muscle relaxants or opioid based pain relief<sup>2,3</sup>.

# Lots of Resources to Help You Share the Science



**Maintenance care**

**50%**

**Maintenance Care**

About half of the patients that visit their chiropractor do so because they want to maintain their health and well-being. This is what we call maintenance care.

[View video](#)

The infographic features a central banner with 'Maintenance care' and '50%' in red. Below the banner are several cartoon illustrations: a person lying on a table being treated, a person running, a person sitting at a desk with a laptop, a person holding a book, a person in a hospital bed, and a person with a hand on their back. A central figure shows a human spine with a red area indicating a specific point of interest.



## Take-home Message Cervicogenic Headaches

*“For most people suffering from cervicogenic headaches, research has shown that being seen by a chiropractor at least three times a week for at least six weeks gives the best results when it comes to how often they end up having headaches. So, if you or someone you know has headaches that are related to how their neck is functioning then they really should consider giving chiropractic care a go and being adjusted at least three times per week for at least six weeks to get the best results.”*



## Take-home Message Low Back Pain

*“For most people suffering from low back pain, research has shown that being seen by a chiropractor at least two times a week gives the best results when it comes to long term outcomes. So, if you or someone you know has low back pain, then they really should consider giving chiropractic care a go and being adjusted at least twice a week for at least six weeks to get the best results.”*



# Take-home Message About Maintenance Care

*“For patients with recurrent low back pain who respond well to chiropractic care, they should consider getting checked regularly by their chiropractor even if their pain doesn’t come back because it may help them to have fewer days where their backpain interferes with their lives.”*



(Eklund et al 2018)

Summary



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# Thank You



DR. HEIDI HAAVIK

ENLIGHTENING THE  
WORLD ABOUT THE  
SCIENCE OF CHIROPRACTIC



## Introduction to Chiropractic Care

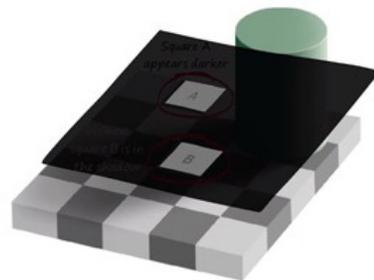
The introduction to chiropractic video series is the perfect way to gain an understanding of why chiropractic care may help you and your family.



### **The Beginners Guide to Chiropractic**

In this first introductory video we explore what chiropractic is all about, and how it works, then we briefly explore the evidence informed effects of chiropractic care.

[View video >](#)



### **How the Brain Perceives the World**

Did you know that your brain and central nervous system are constantly changing? It's quite amazing - from one day to the next your brain is not the same.

[View video >](#)

# The Beginners Guide to Chiropractic

## The Beginners Guide to Chiropractic

The word chiropractic derives from the Greek words "cheir", meaning hand, and "praktikos" meaning skilled in or concerned with. The origin of the word chiropractic can be traced back to [D.D. Palmer](#) who coined it in 1895 when he founded chiropractic.

Chiropractic care is really about total health and wellbeing

### What does a Chiropractor do?

A chiropractor is a healthcare professional who specializes in the health and [function of the spine](#) and nervous system. Because of this focus on the spine, many people think chiropractors can only help with problems such as back pain, [neck pain](#) and [headaches](#). They can often help with these issues but there is much more to chiropractic than just pain.

This is the first video in our animated series "Introduction to Chiropractic". In this video, we outline what a chiropractor does, then we briefly explore the effects of care. It is a perfect one to watch for anyone that is curious about chiropractic care, and how it can help their family.

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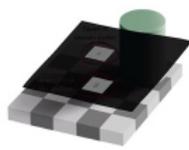




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[View Video](#)



### How the Brain Perceives the World

Did you know that your brain and central nervous system are constantly changing? It's quite amazing – from one day to the next your brain is not the same.

[View Video](#)



### Break the Pain Cycle

Did you know that pain is created in your brain to let you know that something is not ok within your body? Feeling pain is good because it is actually helpful and informative.

[View Video](#)



### Chiropractic Care and Migraines

Did you know that 1 in 6 people in the world experience migraines regularly? The World Health Organisation consider them to be the most debilitating of all neurological disorders.

[View Video](#)



### Chiropractic Affects your Brain

Your brain receives information about your body from the environment and your organs. Did you know that the muscles in your body are also sensory organs?

[View Video](#)



### What is that Pop?

If you have been adjusted before by a chiropractor you may have noticed a strange popping sound. Don't worry – it is just the formation of gas within a joint.

[View Video](#)



### Lower Back Pain

Scientists have worked out that at any one time, over 500,000,000 people around the world are suffering from low back pain and it is now the leading cause of disability worldwide.

[View Video](#)



### Growing Pains

We've all heard of growing pains right? But did you know that what we call growing pains aren't associated with growing? So they're not actually growing pains at all.

[View Video](#)



### Pain and the Immune System

Research studies have shown that the way you feel pain all depends on what's going on for you – and most importantly – what you think and feel about the situation.

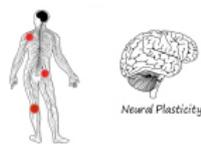
[View Video](#)



### Chiropractic and Headaches

Headaches are a sign that something is not right. Your brain will create for you the sensation of pain if it thinks there is something wrong or if there is a potential problem.

[View Video](#)



### Pain is Created in Your Brain

Did you know that the scientists now know that the feeling of pain is something your brain decides that you should experience – if it believes that there is a problem?

[View Video](#)



### Chronic Pain

Chronic pain is the second-most common reason people see a doctor and miss work. More than one-third of people with chronic pain become disabled by their pain to some degree.

[View Video](#)



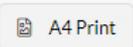
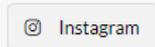
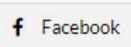
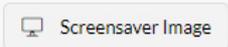
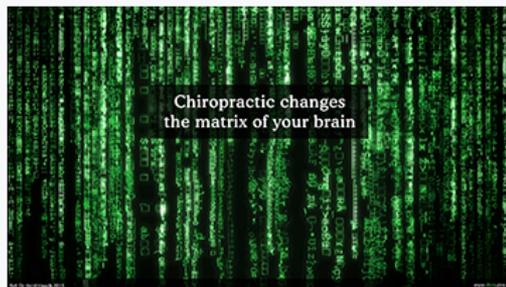
# Print & Digital Assets

High-resolution images, A4 print brochures and A3 sized posters for you to download and share.

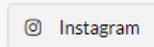


To download the digital assets, simply click on the corresponding button below the image.

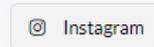
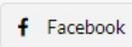
1.



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## Trykte og digitale ressurser

Bilder med høy oppløsning, A4-trykte brosjyrer og plakater i A3-størrelse som du kan laste ned og dele.



For å laste ned de digitale eiendelene, klikker du bare på den aktuelle knappen under bildet.

1.



Bilde



Facebook



Instagram



A4-utskrift



A3-plakat

2.



Bilde



Facebook



Instagram



A4-utskrift



A3-plakat

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Bilde



Facebook



Instagram



A4-utskrift



A3-plakat

# Chiropractic Research

Research summary articles to read, download and print (members only) all backed by the latest scientific research studies.



## Chronic Pain

Chronic pain that has persisted for more than 3 months is no longer protective, nor informative. So, what is chronic pain and what can you do about it?

[Read more »](#)

## Pain is in the Brain

Sometimes pain persists long after tissue damage has actually healed. When pain persists for more than three months we call this chronic pain.

[Read more »](#)

## Neck Pain

Up to half the world's population suffers from neck pain at some stage. For some, one big problem is that it just keeps coming back, or becomes chronic.

[Read more »](#)



# UNDERSTANDING PAIN



Dr. Kelly Holt

BSc, BSc(Chiro), PGDipHSc, PhD

Dr. Heidi Haavik

BSc(Physiol), BSc(Chiro) PhD

Experiencing pain is normal. Everyone experiences pain now and then.<sup>1</sup> Pain is supposed to be protective to make you stop doing things that may be dangerous.<sup>2</sup> But chronic pain that has persisted for more than 3 months is no longer protective, nor is it helpful.<sup>3</sup> So, what is chronic pain and how do you deal with it if you suffer from it?

## PAIN IS CREATED IN THE BRAIN



Dr. Kelly Holt

BSc, BSc(Chiro), PGDipHSc, PhD

Dr. Heidi Haavik

BSc(Physiol), BSc(Chiro) PhD

Did you know that scientists now know the feeling of pain is something your brain decides you should experience if it believes there is some tissue damage in your body?<sup>1</sup> In fact, your brain can decide that you should feel pain even if it only thinks there is a potential threat of tissue damage!!!<sup>2-5</sup>

It may seem strange, but it's totally up to your brain to decide whether you should feel pain or not. Your brain may decide you should experience pain even if you have no actual tissue damage yet,<sup>6</sup> or your brain may not create the feeling of pain for you when tissue damage has actually occurred!<sup>7,8</sup>

heals the problem.<sup>1</sup> This pain is helpful and informative.<sup>1</sup> If we listen to our body these pain experiences can be a good thing.

But for some people, pain can persist even after the initial injury that caused it has healed.<sup>9,11,12</sup> And for some people, the pain in these areas that are not injured at all, become non-



brain  
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## NECK PAIN AND FALLS RISK

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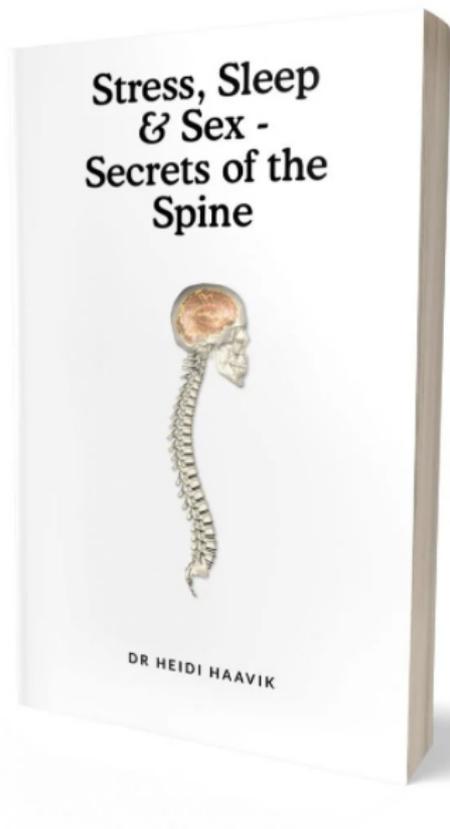
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Neck pain is very common throughout the world.<sup>1</sup> Up to half of all people around the world suffer from neck pain at some stage each year.<sup>2-5</sup> For some people, one big problem with neck pain is that it just keeps coming back, or becomes chronic, and may even increase their risk of suffering from a fall.<sup>2,4,6,7</sup>

Scientists know that your brain uses sensory information from your muscles and joints around your spine to help control your balance and posture and to make sure you're moving properly.<sup>1,2</sup> When your brain takes sensory information and uses it to help guide movements and control muscles we call this sensorimotor function.<sup>3</sup> One particular study looked at whether neck pain has an impact on proper sensorimotor function in older people.<sup>7</sup> In this study, the researchers ran a whole lot of tests of sensorimotor function, like how well the study participants controlled the movement of their eyes and how good their balance was, and they took into account their age and other conditions that they suffered from.





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