

## Spinal Hygiene Shown to Improve Quality of Life

The Chiropractic profession has long stressed the importance of a healthy spine for overall health and wellness. Now a study published in the August 16, 2004 issue of the scientific periodical, The Journal of Vertebral Subluxation Research, (JVSR) has shown that spinal hygiene actually does improve the measurement of quality of life.



According to the published study, "Spinal hygiene is defined as patient-active principles and/or practices conducive to producing a healthy spinal column and nervous system and preventing vertebral subluxations. This includes: improving posture, promoting proper exercise, making healthy nutritional choices, guidance in stress reduction, ergonomics, emphasis upon the patient's self-responsibility and appropriate professional spinal evaluation and care."

In the study a group of volunteer chiropractic students took a spinal hygiene class. These students were then compared to a group who did not take such a class. The results were then measured using two predetermined scientific formats for measuring quality of life known as the "Rand SF-36 Health Survey and the Global Well-Being Scale".

The results showed that the students who participated in the spinal hygiene class showed significant improvement in a wide area of quality of life parameters. This was noted both in comparison against their scores before they took the spinal hygiene class as well as in comparison with the group that did not take the class.

The researchers summed up their study by concluding, "The practice of spinal hygiene procedures shows great promise in the vital area of improvement of quality of life. In a society where obesity and sedentary living are pandemic and spinal health is deteriorating, it is hoped that as health care practitioners these students will share and model positive spinal and neurological health behaviors to their patients and communities."