



Evidence-Based Chiropractic Protocols

The Science of Spinal Motion, Alignment, Neurology, and Health

Spinal Health Assessment

Initial Report

Harvey Lillard

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Dr. D.D. Palmer
555-555-5555

Spinal Health Assessment

Harvey:

**You Have Made the Right Choice:
You are in Qualified, Effective, Evidence-Based, and Safe Hands**

What makes chiropractic so uniquely qualified as the world's leading healthcare profession in the area of spinal health, spine-related functional ability, and spine-related quality of life is the unique focus on the science regarding both the importance of, and the relationship among, spinal motion, alignment, neurology, and health. What makes chiropractors so uniquely qualified as safe and effective practitioners are their years of unique training and focus on the assessment and correction of segmental spinal motion and related neurology and the importance of spinal conditioning and lifestyle.

According to the scientific literature and every independent judicial and/or formal government enquiry ever conducted (New Zealand, Australia, Canada, U.S.A., U.K., Sweden), no other profession is as qualified, as well trained, as evidence-based, or as safe when it comes to restoring and maintaining spinal health, spine-related functional ability, and spine-related quality of life.

"By the end of the Inquiry we found ourselves irresistibly and with complete unanimity, drawn to the conclusion that modern chiropractic is a soundly-based and valuable branch of health care in a specialized area neglected by the medical profession." (Chiropractic in New Zealand. (1979) Report of New Zealand Government Commission on Chiropractic.)

"On the evidence, particularly the most scientifically valid clinical studies, spinal manipulation (chiropractic adjustment) applied by chiropractors is shown to be more effective than alternative treatments for low back pain." "Many medical therapies are of questionable validity or are clearly inadequate. Our reading of the literature suggests that chiropractic manipulation is safer than medical management of low back pain." "There is also some evidence in the literature to suggest that spinal manipulations are less safe and less effective when performed by non-chiropractic professionals." Professor Pran Munga Ph.D. University of Ottawa. The Manga Report. (1993) An Independent Report Commissioned by the Ontario Provincial Government in Canada

"For patients with common or mechanical back pain and neck pain/headache there is now a change from extensive diagnostic testing, rest, medication for pain control and surgical intervention based on structural pathology as in traditional medical practice, to exercise, manual treatments, early mobilization of patients and education about the spine and lifestyle, based on functional pathology as in traditional chiropractic practice. This management approach is not only effective but highly cost-effective." (Chapman-Smith, David LL.B. The Chiropractic Report. (2008) The Chiropractic Profession: Basic Facts, Independent Evaluations, Common Questions Answered. Vol 22 (5) pp1-8)

"The chiropractic profession is assuming its valuable and appropriate role in the health care system in this country and around the world. As this happens the professional battles of the past will fade and the patient at last will be the true winner." (Wayne Jonas, MD, Director (1995-1998), National Center for Complementary and Alternative Medicine, US National Institutes of Health, Bethesda, MD)

“Systematic access to managed chiropractic care not only may prove to be clinically beneficial but also may reduce overall health care costs.” “The increasing acceptance of chiropractic care as a source of comprehensive complementary care for neuromusculoskeletal problems is reflected in that the chiropractic field is the fastest growing among all doctoral-level health professions.” Legorreta et al. (2004) Comparative Analysis of Individuals With and Without Chiropractic Coverage. Archives of Internal Medicine 164 (18)

“In addition, people who were mostly treated by chiropractors had, on average, less expensive medical services and shorter initial periods of disability than cases treated by physiotherapists and medical physicians. This clear trend deserves some attention considering that chiropractors are the only group of providers who explicitly state that they have an effective treatment approach to maintain health.”(Cifuentes et al. (2011) Health Maintenance Care in Work-Related Low Back Pain and its Association With Disability Recurrence. Journal of Occupational and Environmental Medicine pp 190-198)

“Three perceived problems - the education of chiropractors, including the ability to diagnose; the lack of scientific evidence of effectiveness of chiropractic manipulation; and potential danger from manipulation, especially cervical manipulation - were answered and dismissed as unfounded.”(Chapman-Smith, David LL.B. The Chiropractic Report. (2008) The Chiropractic Profession: Basic Facts, Independent Evaluations, Common Questions Answered. Vol 22 (5) pp1-8)

Congratulations on making the right decision to seek the expert advice and care of a chiropractor. You are in uniquely qualified, effective, cost-effective, and safe hands. You may now count yourself among the millions of others who have already benefited.

Dr. James L. Chestnut (B.Ed., M.Sc., D.C., C.C.W.P.)
Developer - Evidence-Based Chiropractic Protocols

Spinal Health Assessment Initial Report

Congratulations Harvey. You have chosen a Doctor of Chiropractic who is committed to performing the most comprehensive spinal health assessment in order to provide you the most evidence-based, most effective, and most cost-effective spinal health care possible. You are in the hands of a practitioner dedicated to clinical excellence in order to elicit the best possible patient health outcomes.

Your Evidence-Based Chiropractic Protocols Spinal Health Assessment Report contains crucial information regarding the current status of your overall spinal health and function, your spine-related symptoms, and your spine-related quality of life. This report will also allow you to understand the underlying causes that have determined your current spinal health status and what is required to recover your spinal health and functional abilities, resolve your spine-related symptoms, and restore your spine-related quality of life. Perhaps most importantly, as your recovery progresses, future reports will allow you and your Doctor of Chiropractic to continue to monitor your spinal health status in order to determine the most effective and cost-effective wellness and prevention plan to maintain your spinal health and quality of life, prevent spinal health degeneration, and promote the maintenance of high functional ability and activity performance.

There are five questions that form the foundation of the Evidence-Based Chiropractic Protocols Spinal Health Assessment and Report. These are:

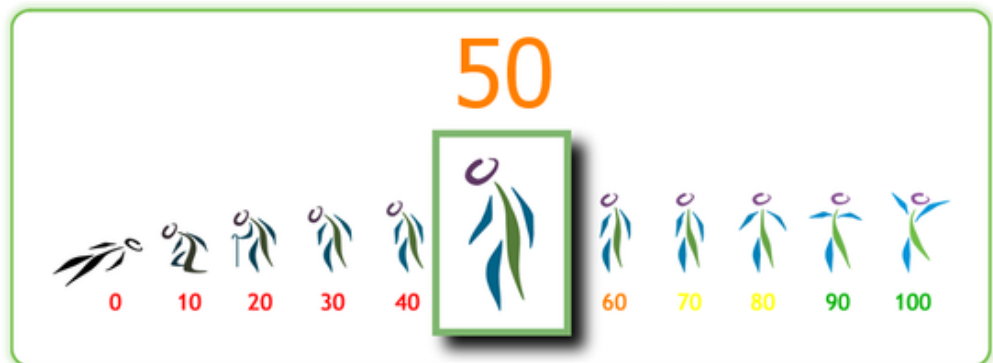
1. What is the status of your current overall spinal health and functional abilities, spine-related symptoms, and spine-related quality of life?
2. What are the underlying causes or determining factors responsible for your current status?
3. What is your predicted future status if you do not address these underlying causes and determining factors?
4. What is required in order to recover your spinal health and functional abilities, resolve your spine-related symptoms, and restore your spine-related quality of life?
5. What wellness and prevention interventions or strategies are required to maintain your recovered spinal health and functional abilities, prevent future spinal health degeneration, and promote future high functional ability and activity performance and quality of life?

Harvey your Spinal Health Assessment Report allows Dr. D.D. Palmer to answer these foundational questions for you.

Spinal Health Assessment Summary



Spine Related Quality of Life



Spinal Health and Functional Ability Index



Urgent Warning! Your Spinal Health and Functional Ability Index score is **SEVERELY LOW**. Your current lifestyle habits and/or current state of spinal health and/or current state of functional ability are putting you at **SEVERE RISK** of continued or future spinal health degeneration, functional disability, and/or worsening/development of spine related symptoms. This requires **URGENT ACTION**. Your Doctor of Chiropractic will provide you with a detailed explanation and recommend an appropriate chiropractic spinal health care plan.

If you are not within the green area of the graph (a score of 90 or above) then, without active and/or passive spinal health care intervention, you are heading away from spinal health and functional ability and quality of life and toward spinal health degeneration, functional disability, loss of quality of life, and worsening symptoms. The further you are away from the green area of the graph the greater your risk and the more intervention you are likely to require to restore and/or maintain your spinal health, functional ability, and quality of life.

Your Spinal Health and Functional Ability Index score is based on data from your individual Spine-Related Lifestyle Stressor Load Rating, Spinal Allostatic Load Rating, and Spine-Related Quality of Life Rating. All this data is gathered, weighted, and combined to produce the most evidence-based, most comprehensive, most clinically useful spinal health and functional ability rating in history - the Spinal Health and Functional Ability Index.

Think of your individual Spinal Health and Functional Ability Index score as a summary of where your spine-related health, functional ability, and quality of life were, and were heading, prior to your assessment. Your score represents the combination of the most significant determining factors combined into a single direct rating of your current and predicted future spine-related health, functional ability, and quality of life status.

Your Doctor of Chiropractic will rely most heavily on your segmental spinal allostasis (vertebral subluxation complex) rating to determine the frequency and duration of your chiropractic care plan until your next assessment. This rating is the single best indicator of your current state of chronic loss of segmental motion and the inevitable scar tissue deposition, inflammation, degeneration, and altered sensori-motor neurological function that result. You will also require sufficient intake of omega-3 fatty acids and vitamin D in order to ensure a proper physiological recovery response to your chiropractic care and to maximize your health outcomes. These essential nutrients are an integral part of the Evidence-Based Chiropractic Protocols for a

good reason: research evidence indicates they are required. Your Doctor will explain this to you and provide you with as much information as you need regarding the scientific evidence regarding the biological necessity and proven clinical benefit of these essential nutrients.

As your segmental spinal motion is restored your overall spinal health, functional ability, and quality of life will improve and you will require less frequent care and be able to engage in more healthy activities. Eventually you will reach the stage where you are ready to move to your individualized wellness and prevention care schedule which will be determined by a combination of your Spine-Related Lifestyle Stressor Load Rating and the maximum interval between your spinal checkups that can be maintained without a worsening of segmental spinal allostasis (vertebral subluxation complex).

Spine Related Lifestyle Stressor Load Rating



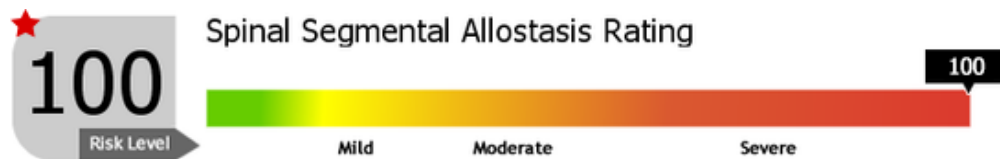
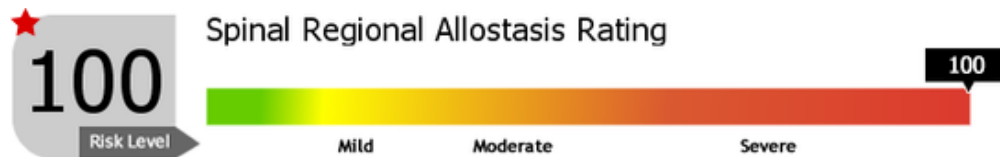
Urgent Warning! Your Spine-Related Lifestyle Stressor Load Rating is **SEVERE**. Your current spine-related lifestyle habits are putting you at **SEVERE RISK** of continued or future spinal health degeneration, functional disability, and/or worsening/development of spine related symptoms. This requires **URGENT ACTION**. Please review the information under the "Improving My Score" tab which is part of your Evidence-Based Chiropractic Protocols Spinal Health Assessment Report on-line resources. Your Doctor of Chiropractic will provide you with a detailed explanation and recommend the appropriate spine related healthy lifestyle changes.

	Value	Target Value
Omega3 Intake	0	7 serv/wk - 1.5 grams daily
Vitamin D-3 Intake	2	7 serv/wk - 4000 IUs daily
Spinal Hygiene	0	7 days/week
Aerobic Exercise	6	7 days/week 30 minutes daily
Resistance Exercise	3	3 times per week
Chiropractic Care	No	Once, or more, per month
Hours Sitting /Day	5	less than 3 hours
BMI (5ft 10in 183lbs)	26	<22
Emotional Stress	4	rating of 1 or lower
Past Spinal Traumas/Injuries	1	0
Tobacco Use	0	0 uses/day

Spinal Allostatic Load Rating

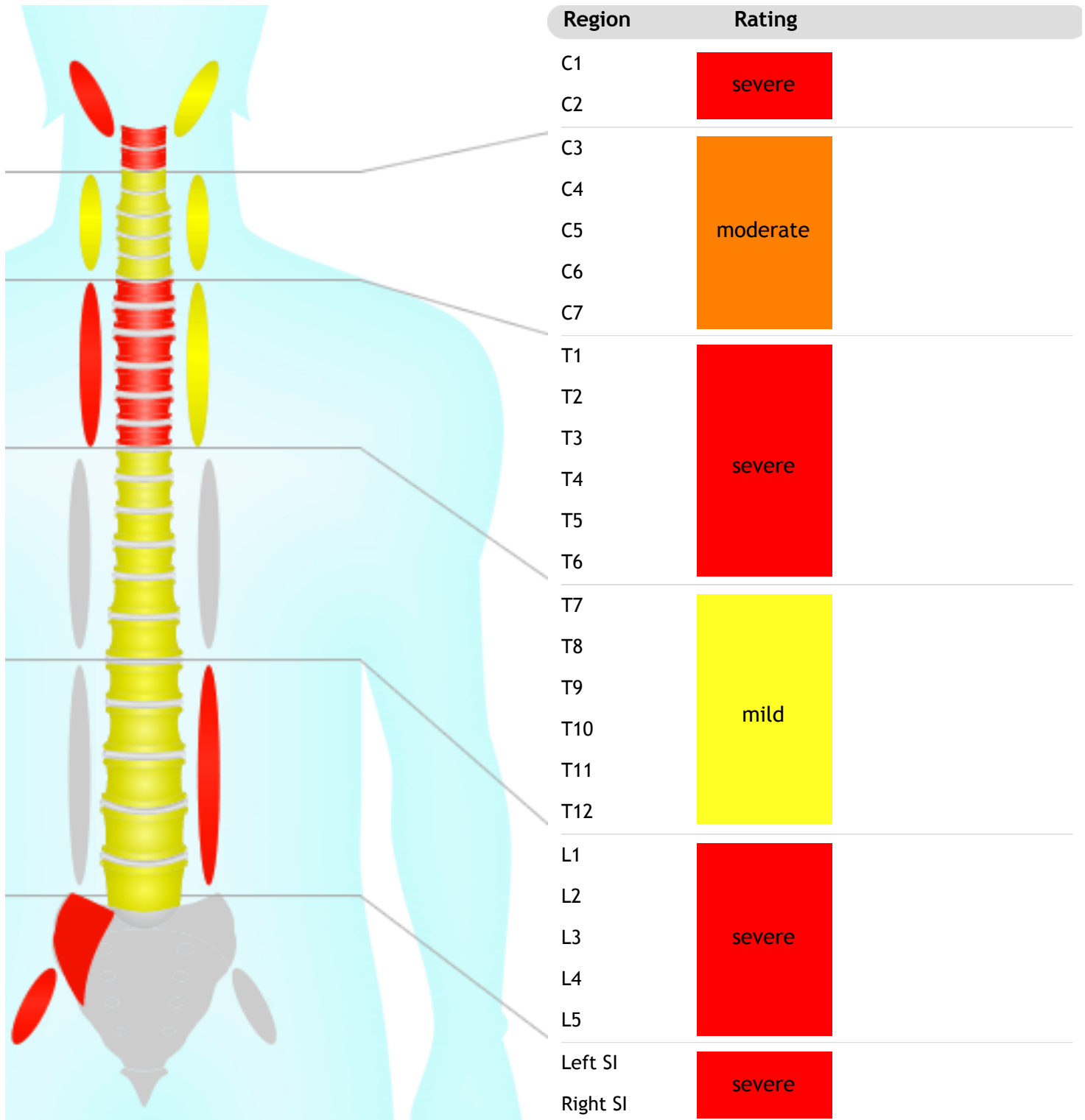


Urgent Warning! Your Spinal Allostatic Load Rating is **SEVERE**. Your spine is showing signs of **SEVERE** adaptive allostasis and/or **SEVERE** functional disability. Your current state of spinal health and function are putting you at **SEVERE RISK** of continued or future spinal health degeneration, functional disability, and/or worsening/development of spine related symptoms. This requires **URGENT ACTION**. Your Doctor of Chiropractic will provide you with a detailed explanation and recommend an appropriate chiropractic spinal health care plan.

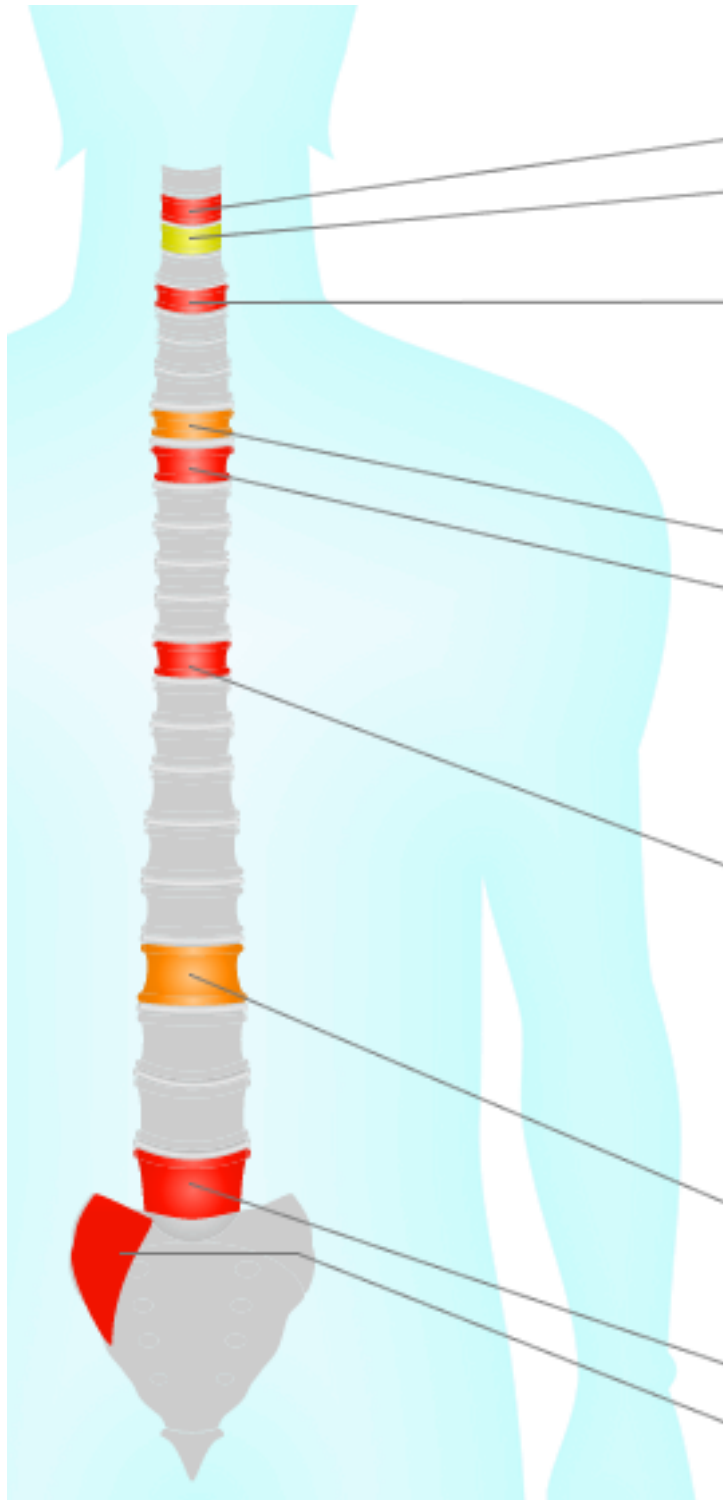


★ Severity exceeds 100.

Spinal Regional Allostasis Rating



Spinal Segmental Allostasis (Vertebral Subluxation Complex) Rating



Segment	Rating
C1	
C2	severe
C3	mild
C4	
C5	severe
C6	
C7	
T1	
T2	moderate
T3	severe
T4	
T5	
T6	
T7	
T8	severe
T9	
T10	
T11	
T12	
L1	
L2	moderate
L3	
L4	
L5	severe
Left SI	severe
Right SI	

Spine Related Functional Disability Rating

Cervical Spine Range of Motion

	Measurement	Normal
Flexion	40* !	50
Extension	35* !	50
Left Lateral Flex	45*	45
Right Lateral Flex	30* !	45
Left Rotation	50*	80
Right Rotation	60*	80

Thoracic Spine Range of Motion

	Measurement	Normal
Left Rotation	30*	45
Right Rotation	30*	45

Lumbo-Sacral Range of Motion

	Measurement	Normal
Flexion	50* !	60
Extension	10* !	25
Left Lateral Flex	15*	25
Right Lateral Flex	15*	25

! Indicates patient experienced pain during active motion

* Pain medication use must be noted as results may be significantly affected.

Spine Related Functional Disability Rating

Squat Test

	Measurement	Normal
Knee R.O.M (degrees)	95* !	135

Squat With Dowel Test

	Measurement	Normal
Knee R.O.M (degrees)	65* !	135

Wall Y Test (External Rotation Deficiency)

	Measurement	Normal
Left Shoulder External Rotation Deficiency (degrees)	10* !	0
Right Shoulder External Rotation Deficiency (degrees)	0*	0

Active Wall AHC Test

	Measurement	Normal
Anterior Head Carriage (in)	1.0*	0

Plank Test (Age and Gender Specific)

	Measurement	Normal
Time (seconds)	18*	120

Grip Strength (Age and Gender Specific)

	Measurement	Normal
Left (kg)	27	56
Right (kg)	33	56

! Indicates patient experienced pain during active motion

* Pain medication use must be noted as results may be significantly affected.

Spine Related Functional Disability Rating

One Leg Stand

	Measurement	Normal
Left - Eyes Open (seconds)	15	30
Right - Eyes Open (seconds)	11	30
Left - Eyes Closed (seconds)	7	30
Right - Eyes Closed (seconds)	4	30

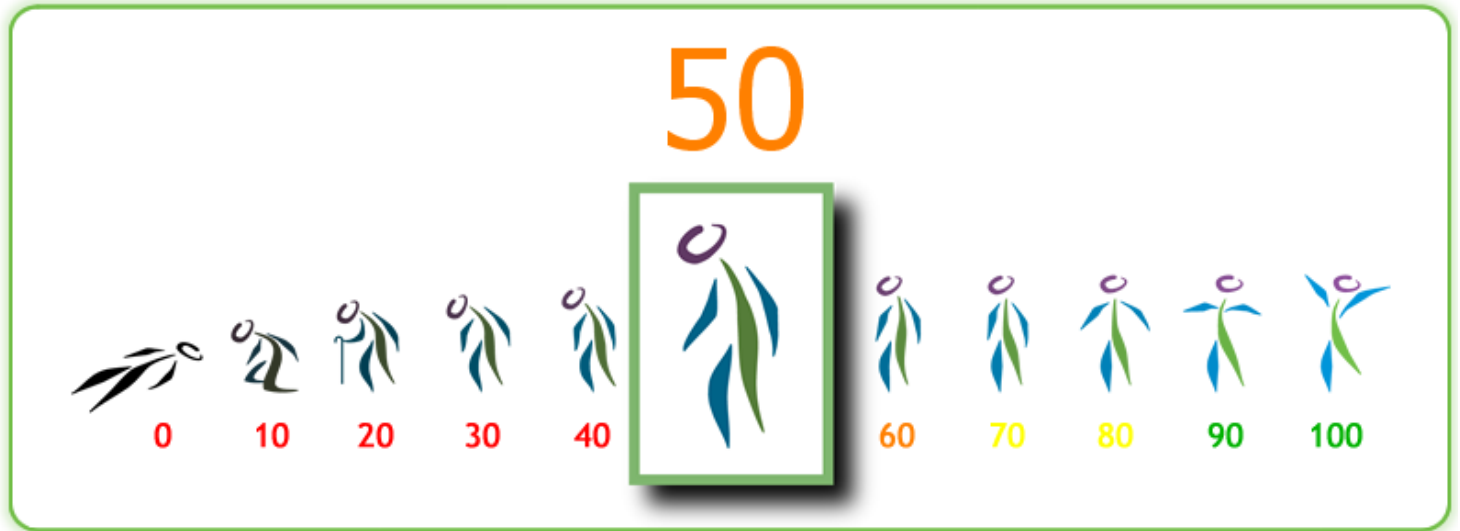
Tandem Gait

	Measurement	Normal
Eyes Open (steps)	7	10
Eyes Closed (steps)	3	10

! Indicates patient experienced pain during active motion

* Pain medication use must be noted as results may be significantly affected.

Spine Related Quality of Life



Urgent Warning! Your Spine-Related Quality of Life is **SEVERELY LOW**. Your current state of spinal health and functional ability are **SEVERELY IMPEDING** your ability to perform and/or enjoy the work, family, and leisure activities of your daily life. Your current state of spinal health and functional ability is putting you at **SEVERE RISK** of continued or future inability to perform and enjoy your daily activities and to experience a high quality of life. This requires **URGENT ACTION**. Your Doctor of Chiropractic will provide you with a detailed explanation and recommend an appropriate chiropractic spinal health care plan.

Does Pain Limit Your Ability to:

	Value	Target Value
Conduct Personal Grooming/Self Care	Seldom**	Never
Lift Heavy Objects	Often**	Never
Read	Seldom**	Never
Concentrate	Sometimes**	Never
Sit	Often**	Never
Stand	Sometimes**	Never
Work	Sometimes**	Never
Operate a Vehicle	Seldom**	Never
Sleep	Sometimes**	Never
Engage in Social/Family Interaction	Seldom**	Never
Engage in Recreational Activities	Sometimes**	Never
Engage in Sexual Activities	Never**	Never

**Values corrected for pain medication use.

Spine Related Quality of Life

Does Lack of Functional Ability (Loss of Mobility, Balance, Strength) Limit Your Ability to:

	Value	Target Value
Conduct Personal Grooming/Self Care	Never*	Never
Lift Heavy Objects	Often*	Never
Stand	Seldom*	Never
Work	Sometimes*	Never
Operate a Vehicle	Never*	Never
Engage in Social/Family Interaction	Never*	Never
Engage in Recreational Activities	Sometimes*	Never
Engage in Sexual Activities	Never*	Never

Pain and Overall Physical Comfort

	Value	Target Value
Pain Medication Use	1	0 uses/week
Overall Physical Comfort Level Rating	6	9 or higher

* Pain medication use must be noted as results may be significantly affected.

The Solution: How to Recover, Get Well, and Stay Well

Harvey what is the only way to improve and maintain a high **Spinal Health and Functional Ability Index** score? By recovering and maintaining your spinal health and functional abilities, resolving your spine-related symptoms, and recovering and maintaining your spine-related quality of life. What is the only way to accomplish this? By addressing the underlying causes of your spinal health degeneration, functional disabilities, symptoms, and reduced spine-related quality of life - by reducing your Spine-Related Lifestyle Stressor Load and minimizing or eliminating your Spinal Allostatic Load (spinal stress level).

Harvey you have the ability to get and stay well. By following the recovery, wellness, and prevention care recommendations provided by Dr. D.D. Palmer you have the ability to recover and maintain a high Spinal Health and Functional Ability Index score and to experience a healthier, more functional, more comfortable, and more fulfilling life.

To further assist you in reaching your recovery, wellness, and prevention potential be sure to utilize the "Improving My Score" section of your online system (there is a PDF document for each Spine-Related Lifestyle Stressor Load category). Please also review the information and educational materials that are part of your Evidence-Based Chiropractic Protocols **Spinal Health Assessment Report** on-line resources. You will find helpful resources such as spinal fitness exercise descriptions and fully referenced educational materials regarding chiropractic and the recommended essential nutrients (omega-3 fish oil and vitamin D).

Dr. D.D. Palmer and Evidence-Based Chiropractic Protocols are committed to providing you with the highest possible quality of care and resources in order to help you reach your recovery, wellness, and prevention potential. Our shared goal is singular - to provide the highest possible level of clinical excellence in order to help you achieve the best possible health outcomes.