

## **Justification for Holistic Wellness Care Protocols**

### **1.) Furman and Gallo- The Neurophysiology of Human Behavior**

“If the state of the brain or body is not one of good health, it will take many more repetitions of stimulus presentation to create an effective and lasting link.”

*The less healthy the patient (based on function, not symptoms), the more repetitions of stimulus (adjustments) they will need to create the synapses along the healthy somatosensory pathways that have been lost due to VSC (subluxation)*

### **2.) Troyanovich et al. Structural rehabilitation of the spine and posture: Rationale for treatment beyond resolution of symptoms. JMPT 1998**

The Three Physiological Stages of Healing

- Acute inflammatory stage (up to 72 hours)
- Repair stage(72 hours to 6 weeks)- \* Random deposition of collagen (scar tissue)
- Remodeling stage (3 weeks to 12 months)- \* Scar tissue reoriented to increase functional capabilities (tensile strength)

### **3.) Dishman, R.W. Static and dynamic composition of the chiropractic subluxation complex: A literature review. JMPT 1988:11(2).**

“The residual effect of chronic pathomechanics includes fibrosis, contracture, adhesions, deformity and structural derangements. This explains the need for repeated manipulative treatment of many years or, perhaps, a lifetime of management of chronic joint disease. Many of these consequences are preventable by regular kinematic spinal examinations and/or corrective care.”

“The reason **50 or 60 visits are necessary over a period of many months is due to the adventitious fibrils, fibrosis, scar tissue, etc.**, would seem more rational than trying to explain the necessity of replacing a ‘bone out of place’ perhaps 60 times or more”

### **4.) McGill, S. Stability: from biomechanical concept to chiropractic practice. JCCA 1999; 43 (2)**

“Increased function and reduction of pain may not occur for 3 months”

**IN OTHER WORDS, IT TAKES THREE MONTHS TO RESTORE FUNCTION TO THE MOTOR CONTROL SYSTEM**

### **5.)Videman, T. Experimental models of osteoarthritis: the role of immobilization. Clinical Biomechanics 1987; 2 (also reviewed in Chiropractic Report)**

“..it (evidence) shows beyond a reasonable doubt that immobilization is not only a cause of osteoarthritis but that it delays healing” ”If immobilization, irrespective of its cause, cannot be avoided, it would be therapeutically logical to take every possible step to limit its extent and duration.” “Scar tissue begins to be deposited immediately upon immobilization and serves to further decrease mobility. **Within two weeks eburation in bone is detectable and radiographic evidence of joint space narrowing, osteophyte formation and subchondral sclerosis is apparent.**”