

TOPLINE RESULTS: A Retrospective Assessment of Network Spinal Using a Survey of Self-Related Health, Wellness and Quality of Life.

A longitudinal study has been completed to assess practitioners' findings and patients' self reported health and wellness changes over time. Other research is in progress to better understand the mechanisms underlying the apparent effectiveness of this approach. Researchers in a variety of scientific disciplines are currently involved in studying the benefits and mechanisms of Network Spinal. It is hoped that the interdisciplinary relationships established between the communities representing chiropractic, medical, basic sciences and social sciences will assist the public in receiving and understanding the benefits of Network Spinal and other evidence based methods of health and wellness care.

- 95% of respondents reported their expectations had been met
- 99% wished to continue Network Spinal

Q: What is Network Spinal?

A: Network Spinal is a system of assessing and contributing to spinal and neural integrity, as well as health and wellness. Practitioners employ gentle force applications to the spine assisting the body's self-regulation of the tension in the neurological system. The body naturally develops strategies for dissipation of stored tension/energy, thus enhancing self-regulation of tension and spinal interference.

Q: How does one evaluate health?

A: There are two distinct models

- Biomedical model
- Holistic or Wellness model

The Biomedical model considers the symptoms of the person and his laboratory test results to assess

his/her condition or disease. The Holistic or Wellness model considers the person, their extent of function, their perceptions and their overall quality of life.

Q: Have health professionals studied their patients to demonstrate the changes across both models of health?

A: Some studies have been done in various professions. Members of the Association for Network Spinal have participated in a study conducted by researchers within the University of California, Irvine, College of Medicine.

One objective of this study was to develop a patient reported questionnaire to evaluate health and wellbeing through a wide range of Biomedical and Wellness assessments. The study evaluated over 2800 patients under Network Spinal in the U.S. and abroad. It represents the largest study to date assessing such a wide range of patient reported health and wellness benefits of any population. Seventy-six percent (76%) of the patients studied reported improved combined wellness changes in all categories assessed.

Q: What trends were seen in patients receiving this form of care?

A: An increasing percent of patients reported progressively greater improvements in the areas assessed as a function of duration of care; that is, in the population studied, there was no "ceiling" to the results over time for the health and wellness categories investigated. The benefits reported among patients respondents were evident from those as recent as 1 to 3 months under care to those under care for as long as 3 plus years. These results have led the investigators to conclude that "within the boundaries of the study design, these findings provide substantial evidence that Network Spinal should be included among those practices with established health benefits."

Q: What categories relating to health and wellness have been investigated, and with what results?

A: The following categories, with examples from each section, all showed statistical and clinically significant benefits:

1. Improved Physical State relative to:
Less physical pain, less tension or stiffness of spine, improved allergies, eczema, and skin rashes, fewer incidences of colds and flu, fewer headaches, and less menstrual discomfort.

2. Improved Mental/Emotional State relative to:
Improved positive feelings about self, less moodiness, angry outbursts, and depression, more interest in life, improved ability to think and concentrate, less anxiety and concern about vague fears, improved ability to stay on task, less distress about pain.

3. Improved Response to Stress:
Less stress relative to: family, significant relationship, health, finances, daily problems, work, general well-being.

4. Improved Life Enjoyment relative to:
Openness to guidance by "inner voice feelings", experience of relaxation and well-being, positive feelings about self, interest in maintaining a healthy lifestyle, feeling open when relating to others, confidence when dealing with adversity, compassion for and acceptance of others, incidence of feelings of joy or happiness.

5. Improved Overall Quality of Life relative to:
Personal life, oneself, extent one adapts to change, handling of problems in life, actual life accomplishments, life as a whole, overall contentment with life, significant other, job, life being what one wants it to be, romantic life, actual work done, co-workers, physical appearance.

In addition to these categories, there was also a significant increase in health promoting practices and a decrease in health detracting practices.