

Award winning essay summaries 2023

A Century of Healing: The Evolution and Impact of Chiropractic Care in Modern Healthcare

Laith Arabi; National University of Health Sciences

In this essay, the author reviews the changes to chiropractic over the past century and discusses, the history and philosophy of chiropractic; the evolution of practice perspectives; ethical considerations; relevance of chiropractic theory; and the sociological and political impact of chiropractic. The author concludes by saying “Chiropractic care has come a long way since its inception in the late 19th century. From its philosophical roots in the body's innate ability to heal itself to its evolution as an evidence-based and interdisciplinary healthcare discipline, chiropractic has consistently adjusted to fulfill the evolving requirements: patients and the broader healthcare community.”

Improving the Efficacy of Chiropractic Treatment by Considering the Biopsychosocial Impact on Physical Rehabilitation

Austin Liou; Parker University

This essay reviews the biopsychosocial model of care. The author suggests that the biopsychosocial model has an impact on physical rehabilitation. The suggestion is that if there is a greater emphasis on patients with chronic pain patient to participate in a variety of activities, such as mental health activities, they may accomplish long-term health benefits. The essay calls for change in chiropractic education to include more information about the association between mental health and pain. The author concludes by saying “If the goal of conservative care is sustainable wellness, then it is logical to provide long-term solutions to address the changing trends of healthcare in today’s world.”

Chiropractic Care Improving Mental Health

Andrea N. Orleanski; National University of Health Sciences

This essay discusses the role of mental health in chiropractic care. The essay discusses the impact of mental distress for those who are experiencing chronic and acute pain due to musculoskeletal conditions and the role of the nervous system in health. The author reminds the reader that even though chiropractic care is often associated with musculoskeletal treatments, nutritional and lifestyle changes are also components of care. The author concludes by saying that “Chiropractors have the ability to improve the mental health status of their patients by removing physical pain, regulating the nervous system and implementing lifestyle changes.”

Modulation of the CNS Through Spinal Manual Therapy Using fMRI as an Objective Measurement

Janelle Hynes; Logan University

This essay reviews how functional MRI may be used as a measurement for pain and the association of these findings with low back pain, specifically related to the influences of spinal manipulative therapy on the central nervous system as it relates to decreased pain and pain pathways. The essay reviews several studies showing these relationships. The author concludes by saying “Understanding neuroplastic cortical structural and functional neuroplastic alterations underlying improved SMT clinical outcomes could guide new therapeutic targets and improve patient outcomes in cLBP.”