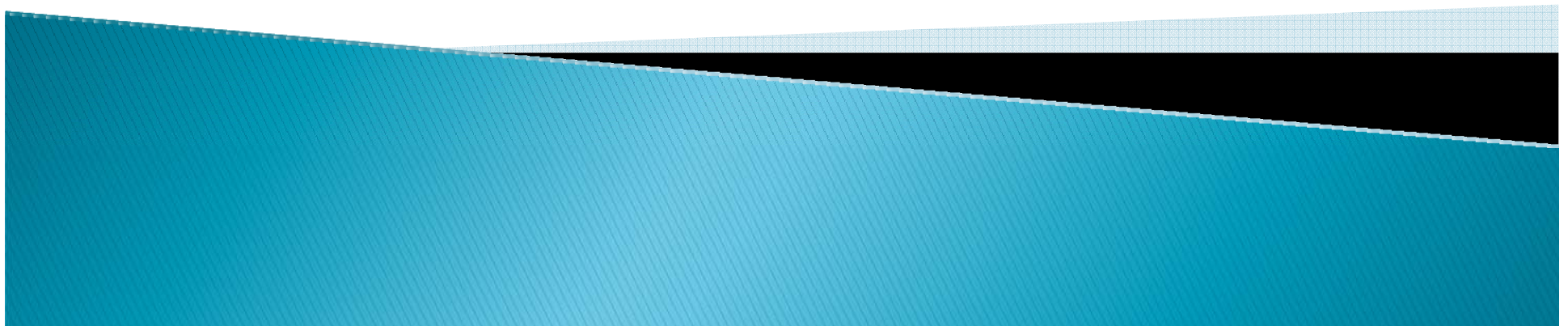


La Chiropratica: Quando e Come Intervenire

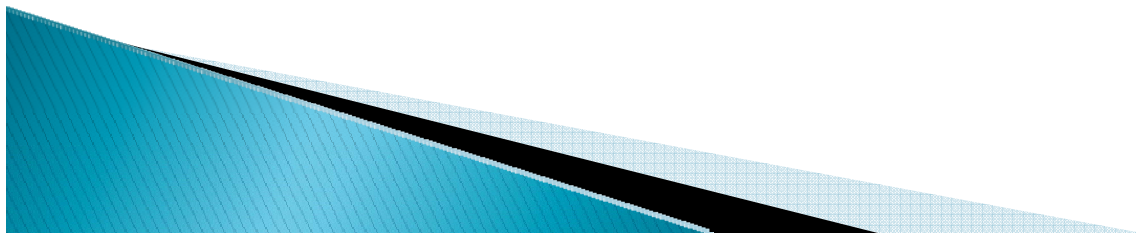
Dr. Anthony McDougall
D.C., B.Sc., ICSSD
Doctor of Chiropractic

Firenze, 18/04/2009



Obiettivo di oggi:

- ▶ Definire la Chiropratica
- ▶ Spiegare la TEORIA e la PRATICA
- ▶ Ricerca
- ▶ Lo status in Italia
- ▶ Medici e Chiropratici a confronto
- ▶ Linee Guide: Indicazioni e controindicazioni
- ▶ Come si arriva dal Chiropratico
- ▶ Come si svolge la visita e i trattamenti Chiropratici



Arte, Scienza, e Filosofia

- ▶ il termine "chiropratica" racchiude in sé una **PROFESSIONE** che comprende **scienza**, **arte** e **filosofia**; non semplicemente una tecnica.
- ▶ Per questo, chi pratica terapia manuale non deve appropriarsi del **TITOLO PROFESSIONALE** di chiropratico.

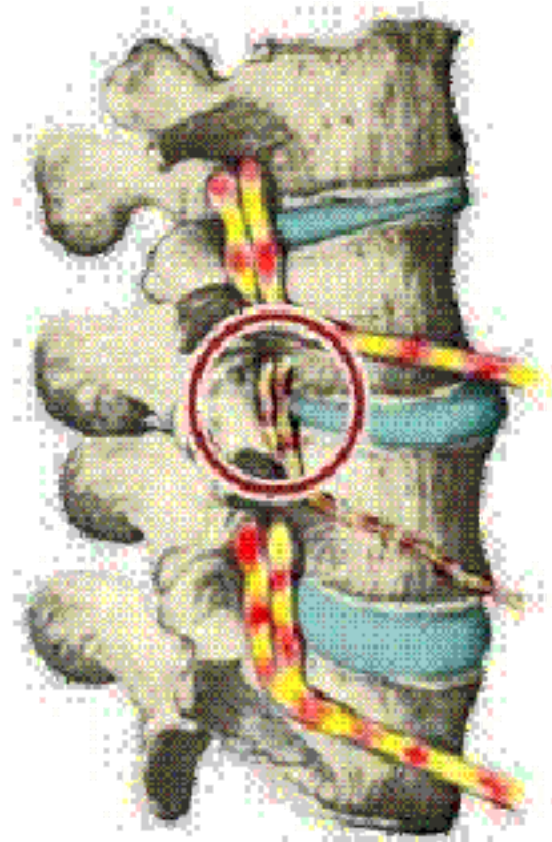


Filosofia

Definizione

- ▶ La Chiropratica concentra la propria attenzione sulle relazioni tra **struttura** (principalmente la colonna vertebrale) e **funzione** (coordinata dal sistema nervoso)

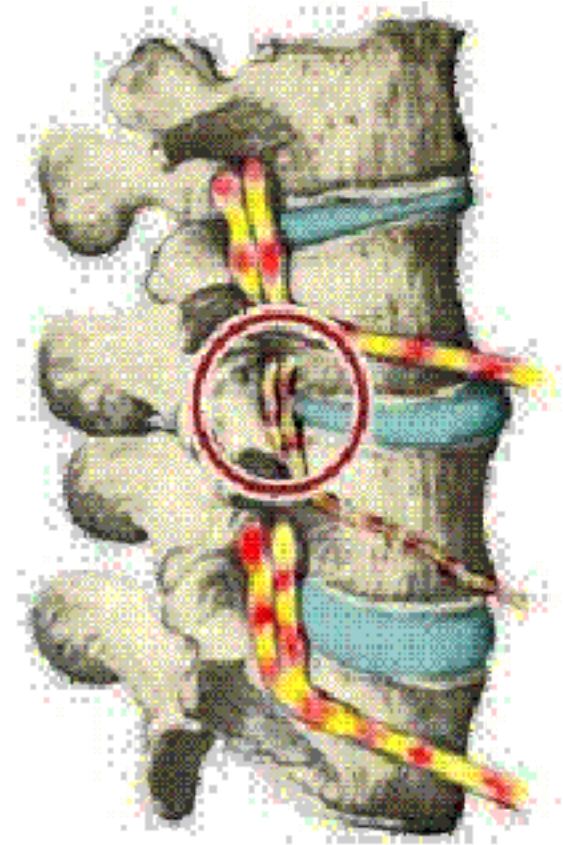
e sul modo in cui tale equilibrio influenza il recupero e il mantenimento della salute.



Filosofia

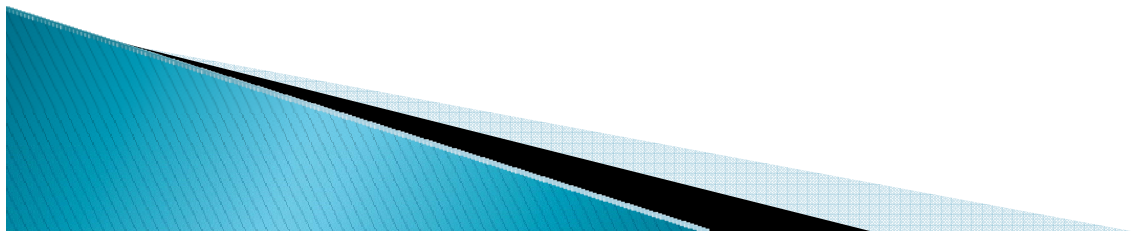
- ▶ Da ciò si deduce che un difetto **biomeccanico** del complesso vertebrale può compromettere l'equilibrio **neuro-fisiologico** dell'organismo

e, quindi, può essere la causa di un infinito numero di problemi



Filosofia

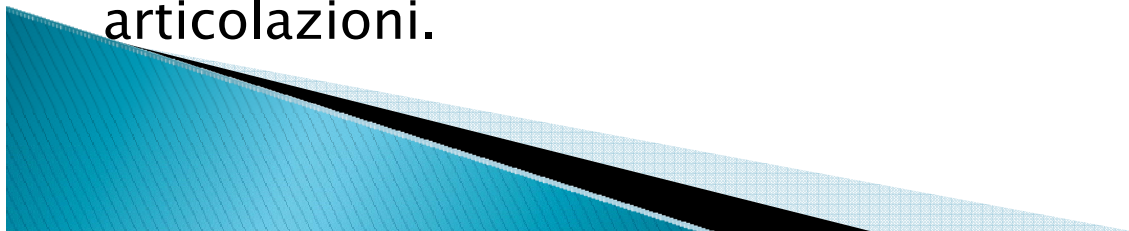
- ▶ La “**sublussazione**” trattata dai chiropratici è un complesso di irregolarità articolare, funzionale e/o strutturale e/o patologico, che compromette l'integrità neurologica e può influenzare lo stato di salute in generale.
- ▶ Il termine **sublussazione** usato in Chiropratica non è da confondere con la quasi lussazione, che è l'interpretazione sottintesa dall'ortopedia.
- ▶ Viene sostituito spesso con il termine “**disfunzione articolare**”.



Arte

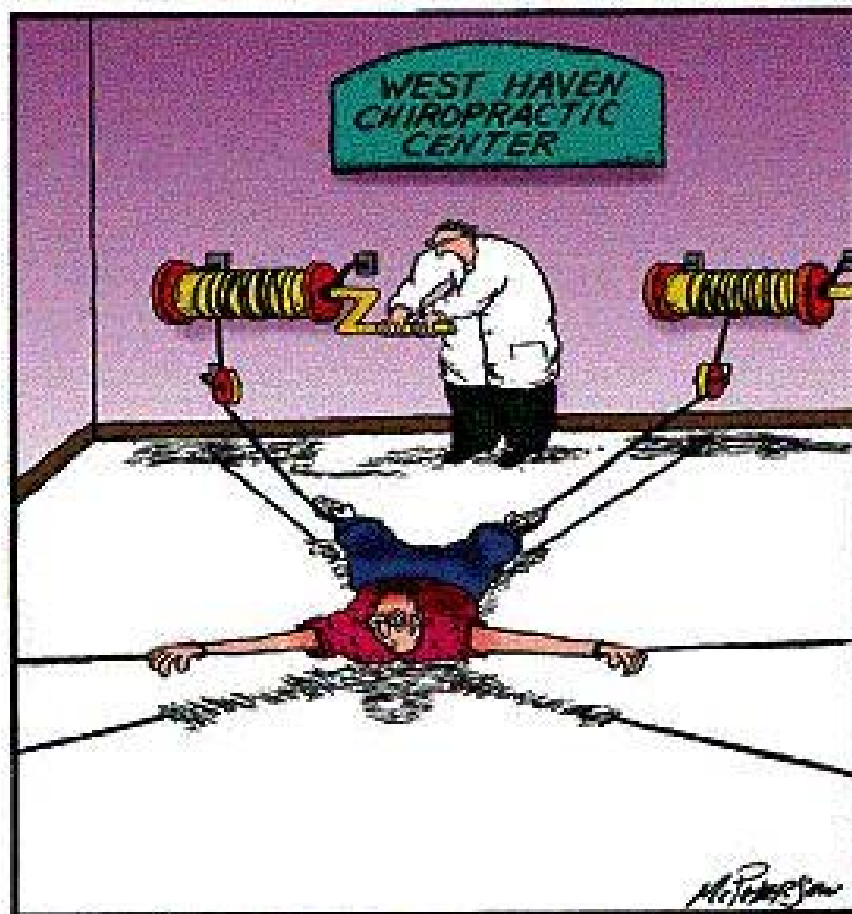
AGGIUSTAMENTO CHIROPRACTICO

- ▶ (correzione specifica manuale): il termine si riferisce ad una varietà di interventi manuali e meccanici. MANIPOLAZIONE
- ▶ Il denominatore comune dei vari interventi di aggiustamento è il concetto di rimozione delle disfunzioni strutturali di muscoli ed articolazioni.



Arte

CLOSE TO HOME



"Are you gonna whine, or are you gonna let me fix your back?!"



"I need to have you just relax and trust me on this, Mrs. Hostrander."


Mobilizzazione vs. Manipolazione

Quando l'articolazione è forzata manualmente oltre la barriera elastica si crea il tipico schiocco.

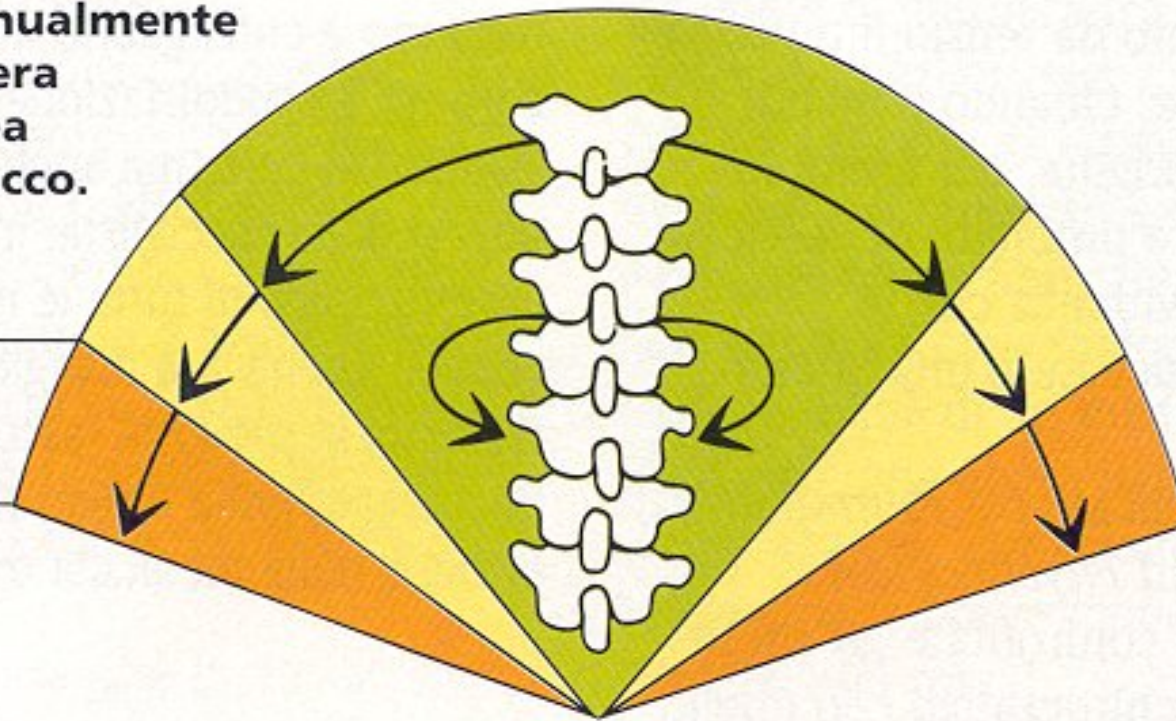
Barriera elastica

Limite anatomico

 Zona attiva

 Zona passiva

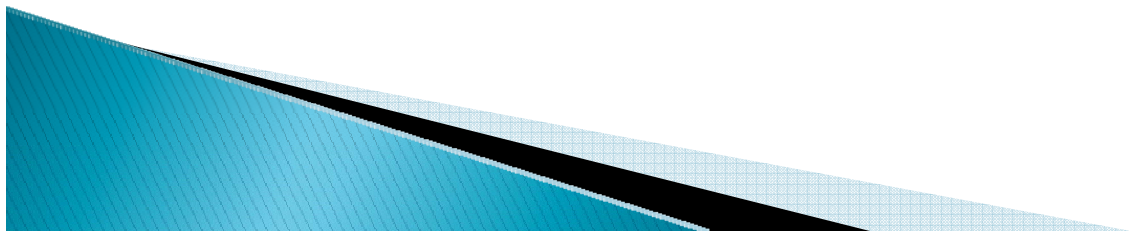
 Spazio parafisiologico



Chiropratica nel mondo

STATI UNITI
D'AMERICA:

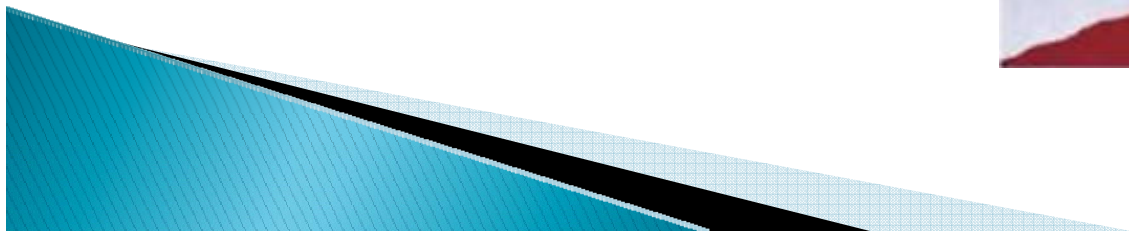
- ▶ 300.000.000
persone
- ▶ 75.000 chiropratici



Chiropratica nel mondo

STATI UNITI
D'AMERICA:

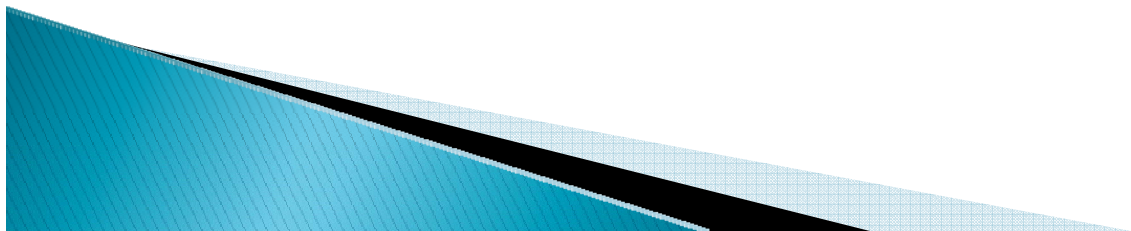
- ▶ 1 chiropratico per ogni 4.000 abitanti



Chiropratica nel mondo

REGNO UNITO:

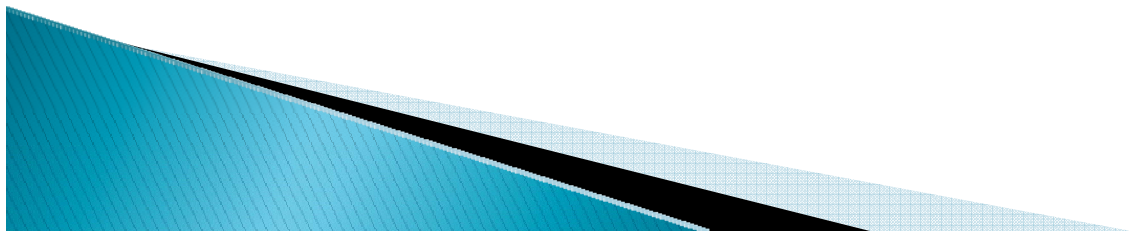
- ▶ 60.000.000 persone
- ▶ 2.000 chiropratici



Chiropratica nel mondo

REGNO UNITO:

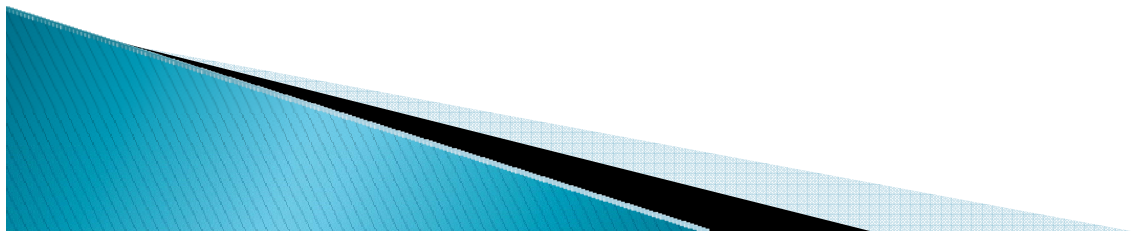
- ▶ 1 chiropratico per ogni 30.000 abitanti



Chiropratica nel mondo

CANADA

- ▶ 33.000.000 persone
- ▶ 8.000 chiropratici



Chiropratica nel mondo

CANADA

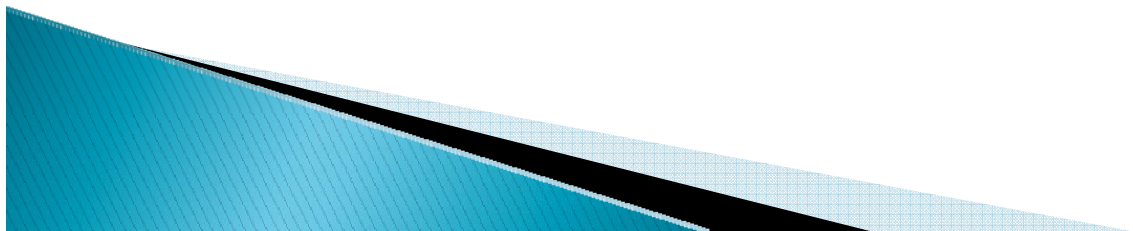
- ▶ 1 chiropratico per ogni 4.125 abitanti



Chiropratica nel mondo

ITALIA

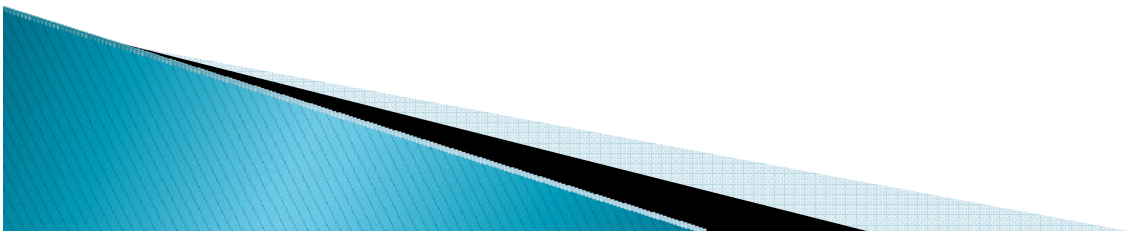
- ▶ 60.000.000 persone
- ▶ 250 chiropratici



Chiropratica nel mondo

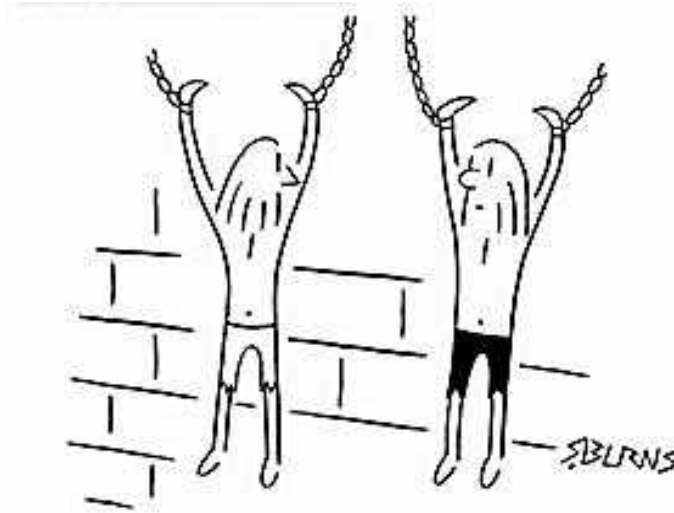
ITALIA

- ▶ 1 chiropratico per ogni 240.000 abitanti



La Chiropratica in Italia

“Sei sicuro che questo sia un chiropratico vero?”



"Are you sure this chiropractor is licensed?"

Associazione Italiana Chiropratici

www.associazionechiropratici.it

Numero Verde
800-017806

La Nuova Legge in Italia 12/2007

CORRIERE DELLA SERA

Data 13-01-2008

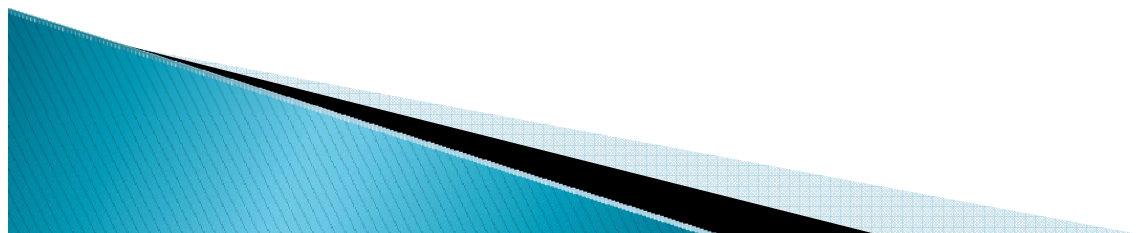
Pagina 56

Foglio 1 / 2

Sicurezza delle cure Nuove regole per chi si è laureato all'estero in «manipolazioni»

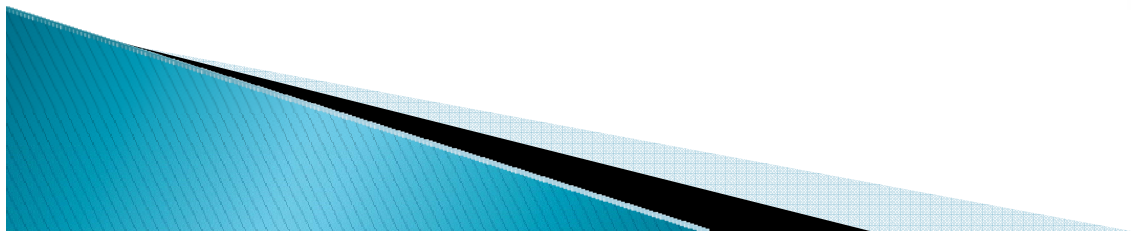
Il chiropratico diventa dottore

Un Registro garantirà la professionalità degli operatori



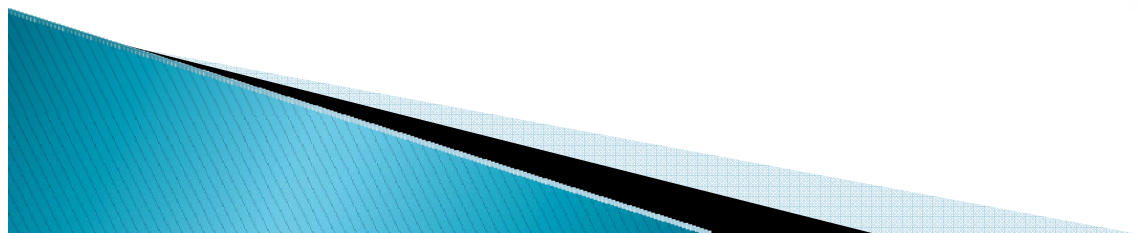
La Nuova Legge in Italia 12/2007

- ▶ *È istituito presso il Ministero della salute, senza oneri per la finanza pubblica, un registro dei dottori in chiropratica. L'iscrizione al suddetto registro è consentita a coloro che sono in possesso di diploma di laurea magistrale in chiropratica o titolo equivalente.*



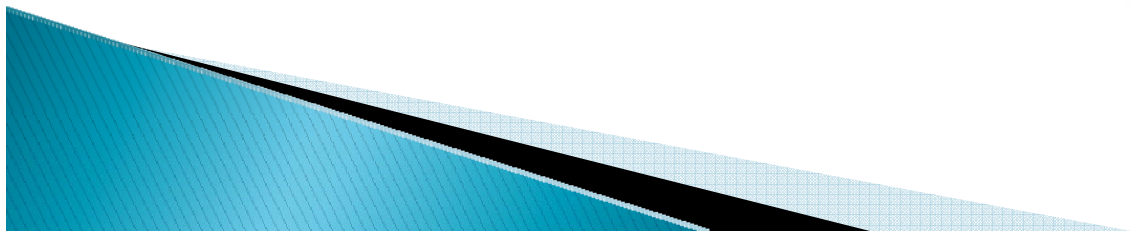
La Nuova Legge in Italia 12/2007

- ▶ *Il laureato in chiropratica ha IL TITOLO DI DOTTORE IN CHIROPRACTICA ed esercita le sue mansioni liberamente come PROFESSIONISTA SANITARIO DI GRADO PRIMARIO nel campo del diritto alla salute, ai sensi della normativa vigente.*



La Nuova Legge in Italia 12/2007

- ▶ *Il chiropratico può essere inserito o convenzionato nelle o con le strutture del Servizio sanitario nazionale nei modi e nelle forme previste dall'ordinamento.».*



La Nuova Legge in Italia 12/2007


- ▶ Ancora da capire lo 'SCOPE OF PRACTICE'
- ▶ In Canada, gli Stati Uniti, e altri paesi il chiropratico ha il diritto di:
 - ▶ DIAGNOSTICARE
 - ▶ RICHIEDERE ESAMI DI SANGUE
 - ▶ PRESCRIVERE MEDICINALI NATURALI E NUTRIZIONE
 - ▶ ESEGUIRE E LEGGERE RADIOGRAFIE
 - ▶ FARE AGOPUNTURA
 - ▶ USARE FISIOTERAPIA STRUMENTALE



Formazione del Chiropratico

- ▶ due anni minimi per il conseguimento dei pre-requisiti scientifici per accedere alla facoltà di Chiropratica.
- ▶ quattro anni a tempo pieno di Chiropratica divisi in 4000 ore di studi accademici e 1000 ore di internato nelle diverse cliniche chiropratiche.
- ▶ Il programma di Medicina e il programma di Chiropratica sono relativamente simili per quanto riguarda le ore totali. *

* Coulter I, Adams A, Coggan P, Wilkes M, Gonyea M. A comparative study of chiropractic and medical education (Submitted for publication).



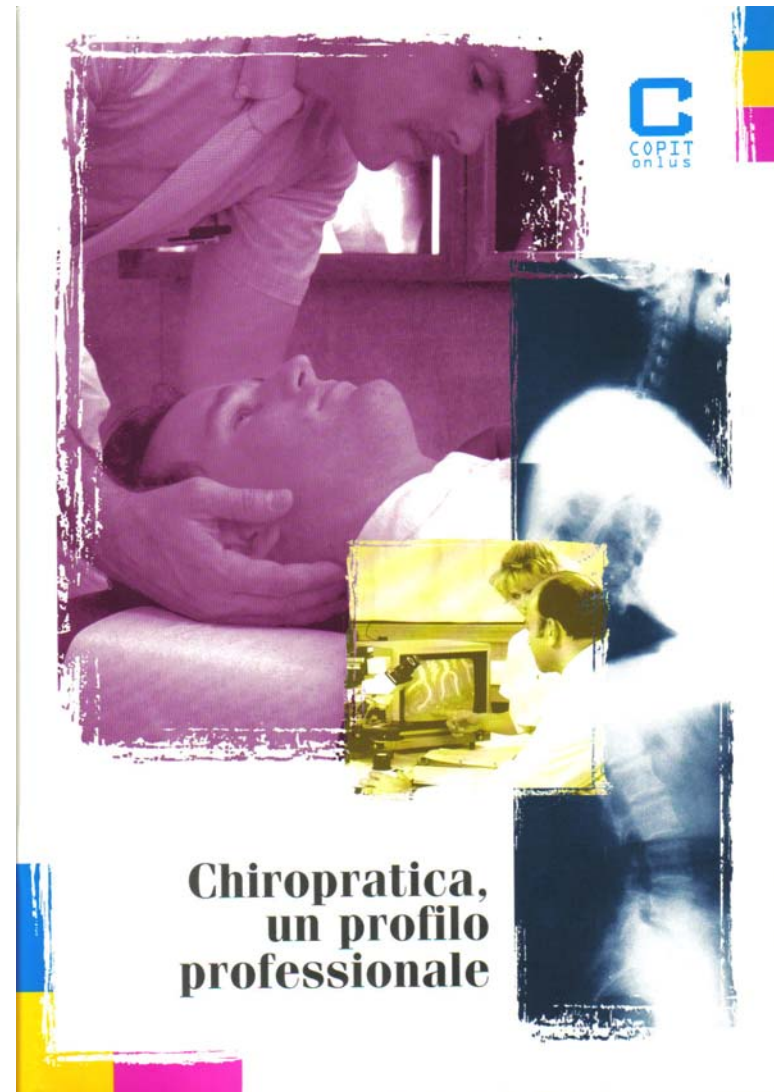
...per Saperne di Più

“Chiropratica, un Profilo Professionale”

Dr. Thomas Rigel

Download sul sito
dell'Associazione Italiana
Chiropratici:

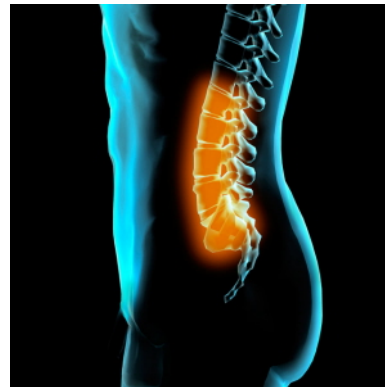
www.associazionechiropratici.it



Scienza

LOMBALGIA

- ▶ Acuta
- ▶ Cronica
- ▶ Ernia Discale



CERVICALGIA

- ▶ Acuta
- ▶ Cronica
- ▶ Ernia Discale



MAL DI TESTA

- ▶ miotensiva



Scienza

Manipolazione cervicale e il rischio

- ▶ L'evidenza migliore indica che la **manipolazione** cervicale per cervicalgia è molto più sicura dell'uso di medicinali **FANS** fino a circa 300 volte.
- ▶ I FANS comportano un rischio notevolmente più grosso per complicazioni serie e di morte rispetto alla manipolazione cervicale. *



* Dabbs V, Lauretti WJ. A risk assessment of cervical manipulation vs NSAIDs for the treatment of neck pain. [J Manipulative Physiol Ther](#) 1996; 18 (8) 530-6.

Scienza

Manipolazione cervicale e il rischio

- ▶ Bone and Joint Decade Neck Pain Task Force (Spine 2008):

Statisticamente non vi è un rischio maggiore per VBI (ictus) in pazienti trattati dal Chiropratico rispetto a coloro che sono seguiti dal Medico Curante

- ▶ Herzog et al. University of Calgary (2002):

hanno misurato le forze durante una manipolazione cervicale e hanno concluso che queste non superano le forze usate per fare test tipici di ROM



- ▶ **CONCLUSIONE: SONO MANOVRE SICURE E EFFICACI**



Guidelines: Annals of Internal Medicine 2007

Diagnosi e Trattamento di
Lombalgia Acuta e Cronica:

- ▶ Linea Guida per l'American College of Physicians e American Pain Society
- ▶ Linee guide: spesso sono istituite da comitati multidisciplinari, in questo caso invece solo da medici specialisti

Annals of Internal Medicine



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7 consigli specifici:

- ▶ 1. compiere un'accurata anamnesi e esame clinico
- ▶ 2. non prescrivere radiografie per lombalgia non-complicata
- ▶ 3. prescrivere indagini diagnostici per pazienti con severi o progressivi deficit neurologici
- ▶ 4. prescrivere R.M. o TAC per pazienti con radicolopatia in casi chirurgici o blocchi epidurali
- ▶ 5. consigliare ai pazienti di rimanere attivi
- ▶ 6. utilizzare come prime terapie farmacologiche FANS o acetaminofene (paracetamolo)



The image shows the cover of the June 19, 2007 issue of Annals of Internal Medicine. The cover features a photograph of a person in a white lab coat, possibly a doctor, in a clinical setting. The title 'Annals of Internal Medicine' is prominently displayed at the top. Below the title, there is a list of articles with their respective page numbers. The articles include: 'Update 2 and Progress for Cardiovascular and Kidney Outcomes in Elderly Patients with Heart Failure', 'Using Molecular Genetic Evidence to Guide the Identification of Risk in Breast Cancer Study Equivalency for Identifying Alternative Sites', 'The Association between Cancer Health Care Access and Outcomes: A Population-Level Study', 'Improving Patient Care: How High Performance Improves the Quality of Health Care?', 'Effect of Case Management on the Quality of Heart Failure Care in Minority Communities: A Randomized Trial', 'Review: Genetic Testing: The Promise of Genotypes for Analysis of Disease-Modifying Treatments', 'Update: Update in Gastroenterology and Hepatology', 'Update: Increased Safety Features in the Elderly Clinical and Practical Public Safety', 'Using Data of Funding Equity Assessment Studies to Test Applicant', 'Integrating Patient Values: What's in Charge?', 'The "Basics" of Pediatrics: The "Practice" of Medicine', and 'Clinical Chemistry Update: Health Insurance Portability and Accountability Act Primary Care: Lowering Admissions among Elders and Researchers'.

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- ▶ 7. Per pazienti che non migliorano da soli si deve considerare di aggiungere terapie non farmacologiche con effetti benefici sopportati dall'evidenza scientifica ...
- ▶ Lombalgia Acuta: MANIPOLAZIONI
- ▶ Lombalgia Cronica: MANIPOLAZIONI, esercizi specifici, agopuntura, massoterapia, yoga, approccio multidisciplinare ...



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Politiche Mediche Attuali USA

AMERICAN COLLEGE OF SURGEONS

- ▶ Sostiene piena collaborazione professionale tra dottori in chiropratica e dottori in medicina
- ▶ Collaborazioni in istituti multidisciplinari, all'interno o attraverso gli ospedali, scambi tra scuole di medicina e chiropratica, e cooperazione in ricerca

AMERICAN HOSPITAL ASSOCIATION

- ▶ Sostiene la presenza in ospedale della figura del chiropratico per fare trattamenti chiropratici, radiografie, analisi di laboratorio, e loro interpretazioni ...



European Guidelines LOMBALGIA CRONICA 2004

- ▶ Comitato multidisciplinare
SENZA chiropratici



www.backpaineurope.org

European Guidelines LOMBALGIA CRONICA 2004

Considerando l'evidenza:

- ▶ Le manipolazioni vertebrali sono meglio del placebo
- ▶ Le manipolazioni vertebrali e la cura con analgesici danno risultati simili
- ▶ Le manipolazioni vertebrali insieme alla cura con analgesici sono più efficaci del solo utilizzo di analgesici



www.backpaineurope.org

European Guidelines LOMBALGIA CRONICA 2004

Consiglio:

- ▶ Considerare un percorso breve di manipolazioni vertebrali come opzione valida per LOMBALGIA CRONICA
- ▶ 3 sedute alla settimana per 4 settimane



European Guidelines LOMBALGIA ACUTA 2004

- ▶ Comitato multidisciplinare
con 2 chiropratici su 15
specialisti



www.backpaineurope.org

European Guidelines LOMBALGIA ACUTA 2004

Considerando l'evidenza:

- ▶ Le manipolazioni vertebrali sono migliori del placebo e dimostrano risultati clinicamente importanti nelle prime 6 settimane



European Guidelines LOMBALGIA ACUTA 2004

Consiglio:

- ▶ Considerare le manipolazioni vertebrali in quei pazienti con lombalgia acuta che hanno difficoltà a tornare a fare attività quotidiana normale



European Guidelines LOMBALGIA ACUTA 2004

- ▶ Le manipolazioni vertebrali devono essere fatte da professionisti con una formazione adeguata e capacità manuale
- ▶ Il rischio di complicazioni serie è basso



The Spine Journal 2008

- ▶ Meta – analisi della ricerca ‘Randomized Controlled Trials’ (RCT) dei trattamenti più comuni per LOMBALGIA CRONICA
- ▶ Comitato multidisciplinare per analizzare l’evidenza

Evidence-informed management of chronic low back pain with spinal manipulation and mobilization. **Volume 8, Issue 1, Pages 1-278**
(January-February 2008)



The Spine Journal 2008

Punti chiavi:

- ▶ Ci sono più studi 'RCT' che prendono in esame le Manipolazioni Vertebrali (MV) per lombalgia rispetto a qualsiasi altro intervento



The Spine Journal 2008

Punti chiavi:

- ▶ Un'alta frequenza di MV ha un risultato superiore rispetto a una bassa frequenza di MV a breve termine
- ▶ MV danno risultati superiori rispetto a cure tipiche mediche e placebo
- ▶ MV danno risultati superiori rispetto a fisioterapia e esercizi a casa a lungo termine



The Spine Journal 2008

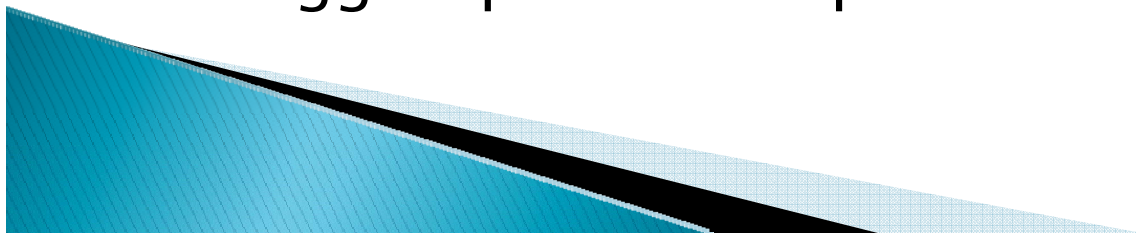
Punti chiavi:

- ▶ Gli effetti collaterali sono minori, temporanei, e tipicamente non impediscono le attività della vita quotidiana
- ▶ Costituisce un vantaggio per la pratica di MV nei confronti dell'approccio farmacologico o chirurgico



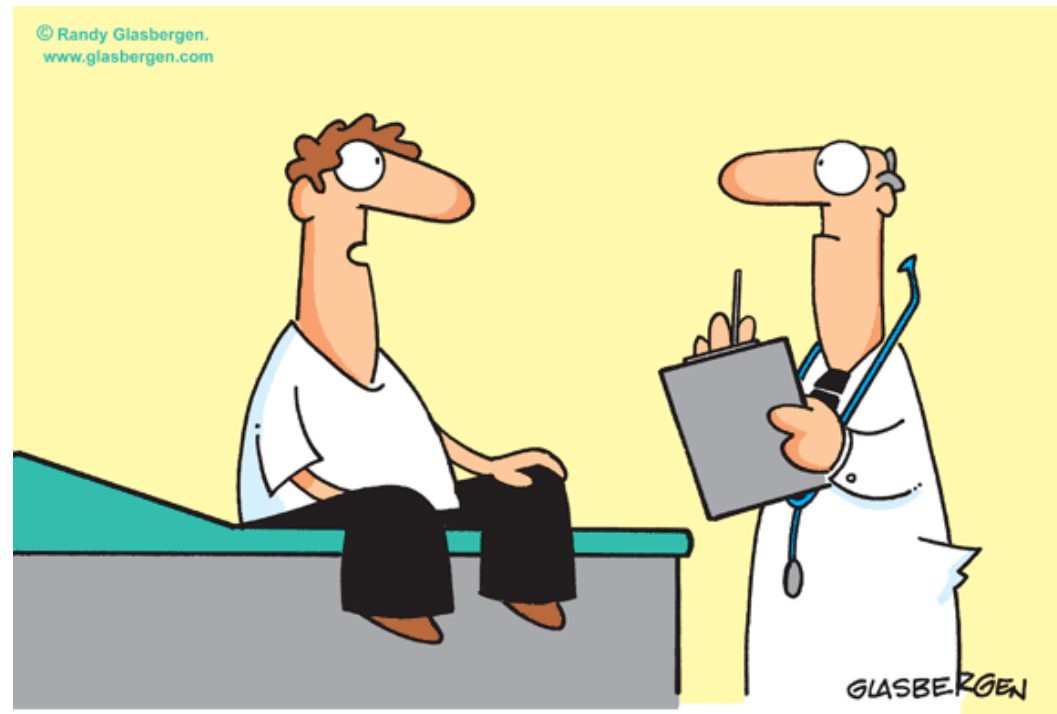
Come si arriva dal Chiropratico

- ▶ Indirizzato dal medico curante
- ▶ Indirizzato da medici specialisti: ortopedico, fisiatra, medico sportivo, reumatologo, ginecologo, odontoiatra
- ▶ Indirizzato dal personal trainer, allenatore, dirigente sportivo, massaggiatore, fisioterapista
- ▶ Passaparola: fonte da cui arrivano al chiropratico la maggior parte delle persone



Visita Chiropratica

- ▶ ANAMNESI
- ▶ ESAME OBIETTIVO
- ▶ DIAGNOSI E PIANO DI TRATTAMENTI

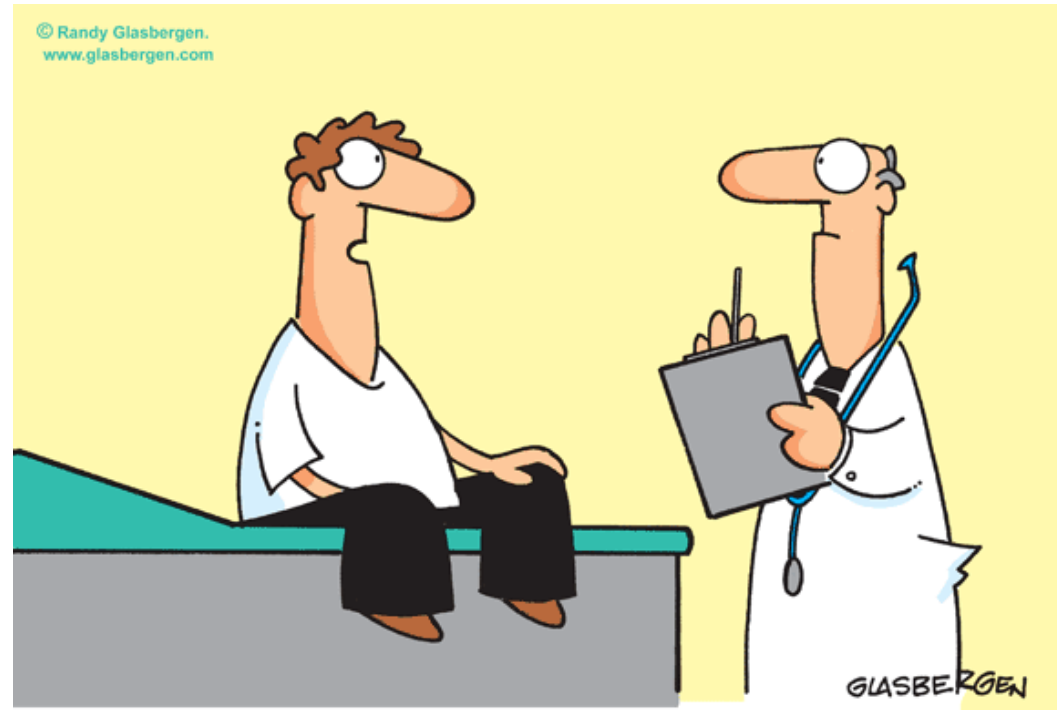


**“I already diagnosed myself on the Internet.
I’m only here for a second opinion.”**

Visita Chiropratica

ANAMNESI

- ▶ ‘triage’ diagnostico
 1. patologia spinale seria
 2. radicolopatia
 3. lombalgia non-complicata
- ▶ Valutare esami e determinare necessità per ulteriori indagini o consulenze specialistiche



**“I already diagnosed myself on the Internet.
I’m only here for a second opinion.”**

- ▶ ‘Red Flags’ o le Cartelline Rosse

Visita Chiropratica

ANAMNESI

- ▶ escludere le CARTELLINE ROSSE
(le controindicazioni assolute)

TUMORI, METASTASI,
ARTRITI INFIAMMATORIE
(IN FASE ACUTA),
INFEZIONI DELLA SCHIENA,
FRATTURE, SINDROME DI
CAUDA EQUINA



Visita Chiropratica

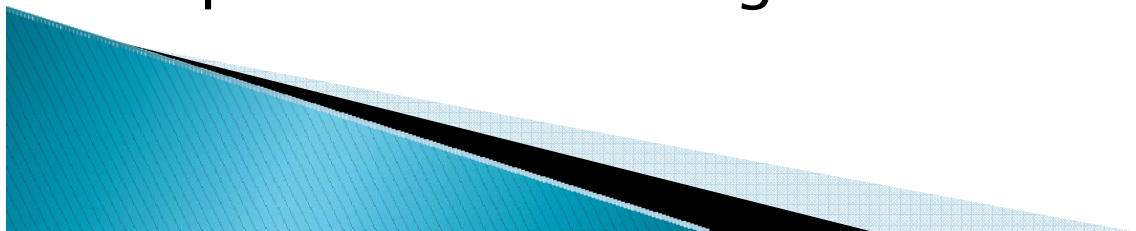
SINDROME DI CAUDA EQUINA:

- ▶ disturbi degli sfinteri (ridotto tono rettale, ritenzione urinaria ed incontinenza)
- ▶ anestesia perianale o perineale debolezza bilaterale degli arti inferiori
- ▶ **URGENTE VISITA NEUROCHIRURGICA**



Visita Chiropratica

- ▶ Età 20–55
- ▶ Recente trauma violento
- ▶ Deformazione strutturale
- ▶ Costante progressivo dolore che non migliora con il riposo
- ▶ Tumore maligno nel passato o in famiglia



Visita Chiropratica

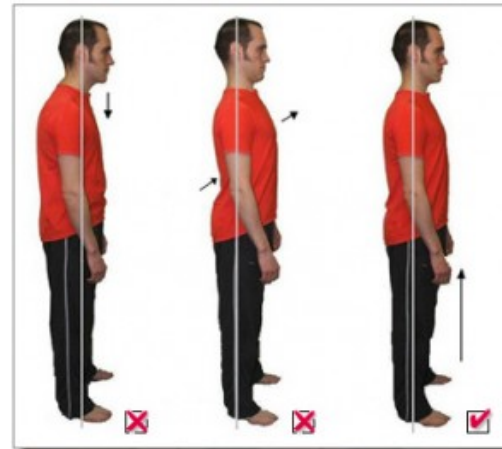
- ▶ Uso abituale di corticosteroidi
- ▶ Uso abituale di droghe per via venosa
- ▶ Immunosoppressi
- ▶ Febbre
- ▶ Perdita di peso inspiegabile
- ▶ Sintomi neurologici generalizzati



Visita Chiropratica

ESAME OBIETTIVO

- ▶ combinazione tra esame ortopedico, neurologico, e test specifici della chiropratica
- ▶ Palpazione, test muscolare, ROM
- ▶ Valutazione posturale statica, dinamica, e funzionale



Visita Chiropratica

PIANO DI TRATTAMENTI:

- ▶ Tipico percorso di trattamenti: durata 2–3 settimane, frequente 2–3 volte alla settimana
- ▶ Fase di mantenimento per problemi cronici o stili di vita a rischio
- ▶ Livello di ipomobilità articolare
- ▶ Livello di decondizionamento del paziente



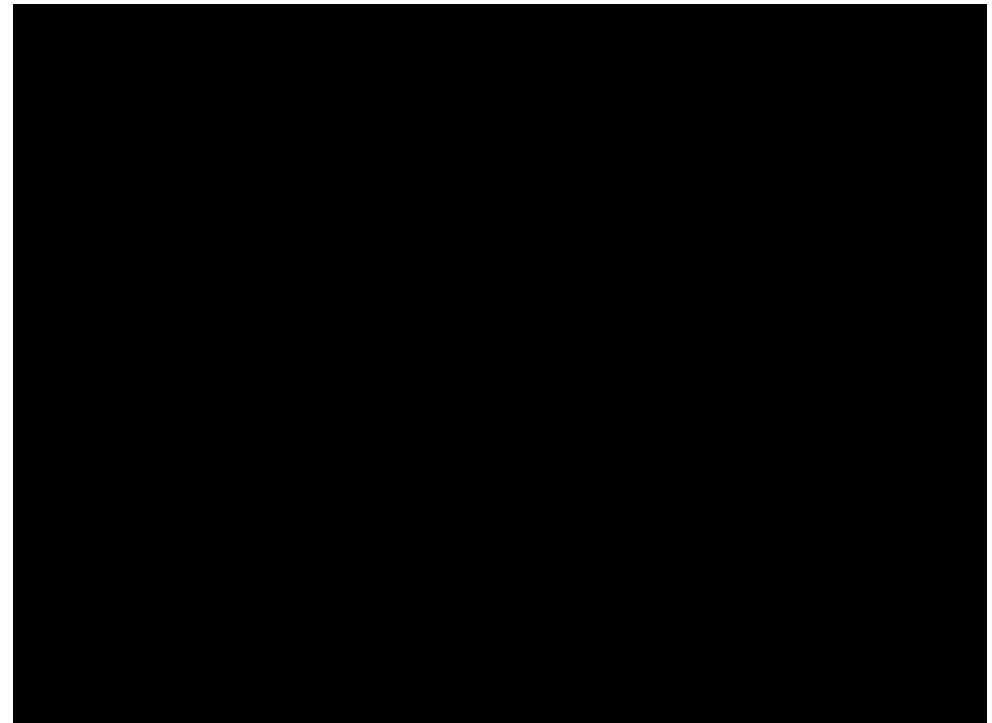
Trattamento Chiropratico



- ▶ Trattamento tipico “side posture” per disfunzioni articolari della zona lombare

Trattamento Chiropratico

- ▶ Tecniche diverse per il trattamento delle disfunzioni articolari/miofasciale
- ▶ Trattamenti aggiuntivi:
Active Release Techniques® (ART®),
KINESIO Taping,
Activator



TECNICA "DROP"

Kinesio Taping

1. Corregge la funzione muscolare.

Kinesio Taping® è efficace nel ripristinare la giusta tensione muscolare: facilita o inibisce la contrazione muscolare

2. Aumenta la circolazione del sangue / linfa. Kinesio Taping® aiuta ad eliminare l'eccesso di edema e/o emorragia tra la pelle ed il muscolo.

3. Riduce il dolore. La soppressione neurologica del dolore avviene dall'applicazione del Kinesio Taping® sulla zona colpita.

4. Assiste nella correzione di allineamento l'articolazione. La disfunzione di un'articolazione, dovuta alla tensione muscolare anormale, può essere corretta dal Kinesio Taping® tramite il recupero della funzione e della fascia muscolare.

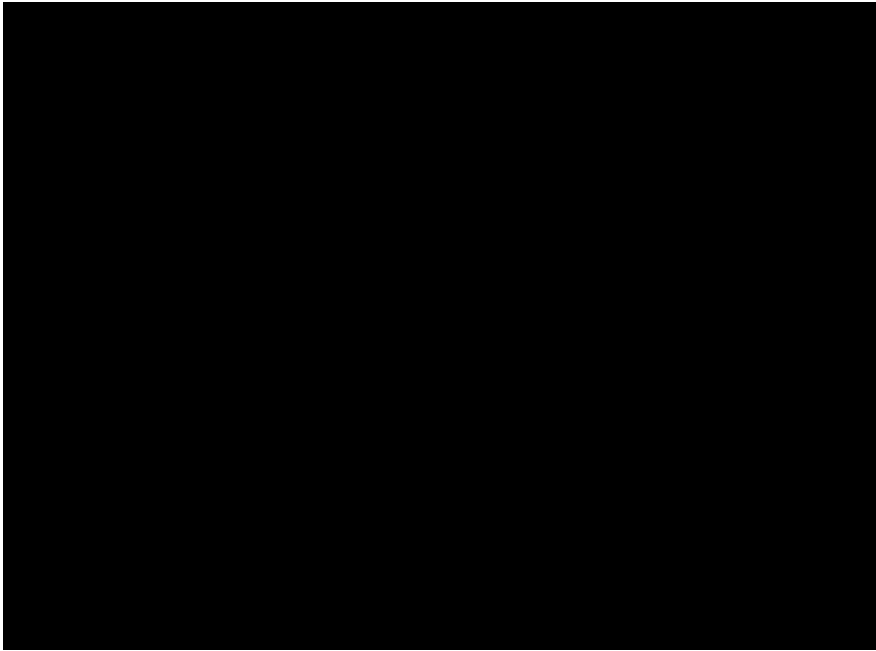


www.kinesiotapingitalia.it

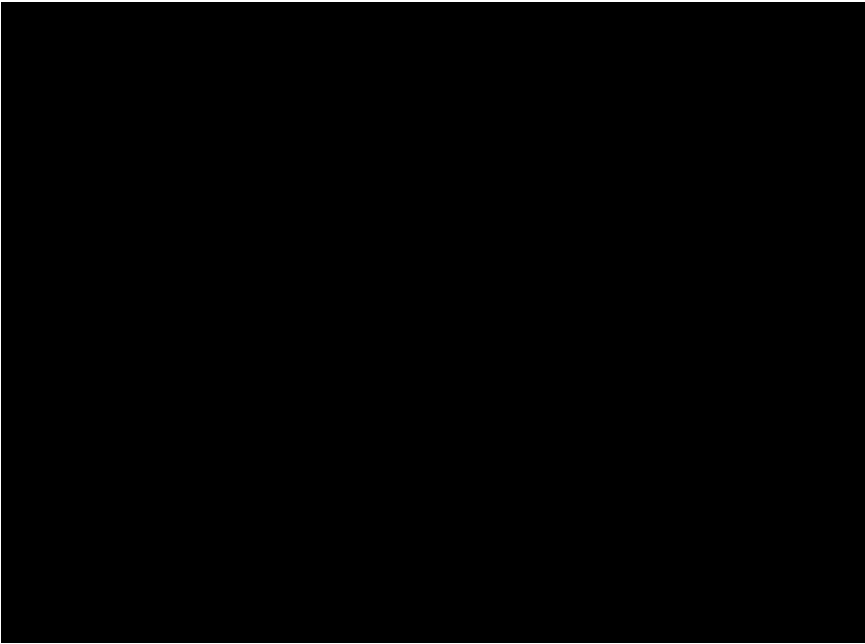
Active Release Techniques® ART®

- ▶ Metodo di terapia manuale
- ▶ Ripristina uno scorrimento normale tra le strutture
- ▶ Tendini, fasce, muscoli, e intrappolamento dei nervi
- ▶ Primi successi con la Sindrome del Tunnel Carpale
- ▶ 500+ protocolli specifici





Legamento Iliolombare



Muscolo sacrospinale



...ART®
Muscolo multifidi

Activator

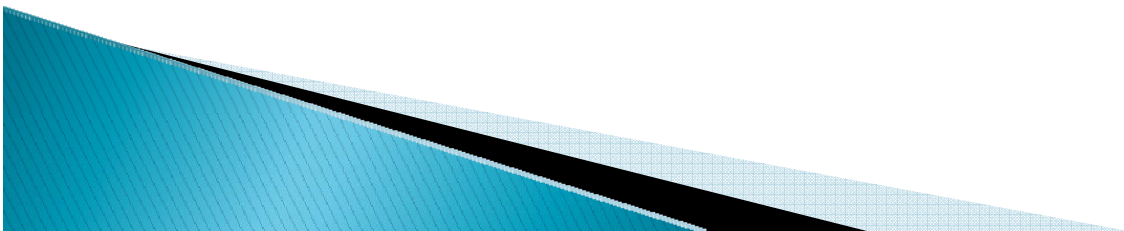
- ▶ Trattamento leggero ma efficace
- ▶ Molto utile nei casi in cui sia necessario un approccio soft



Consigli

Consigli importanti:

- ▶ Come comportarsi nelle attività quotidiane
- ▶ Riprendere l'attività fisica
- ▶ Aggiungere la ginnastica posturale
- ▶ Fare esercizi specifici a casa



Benefici collaterali

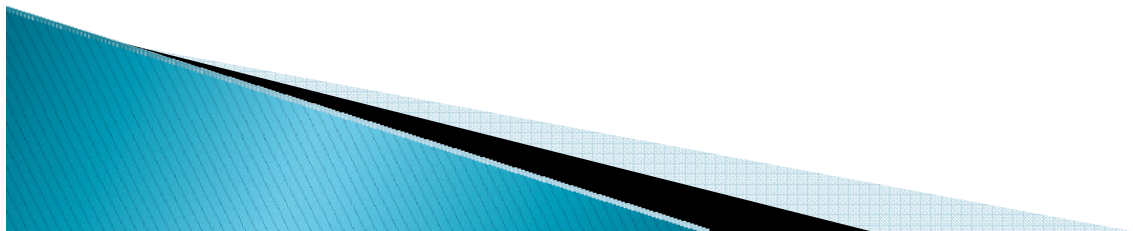
- ▶ A 1500 pazienti chiropratici sono stati riscontrati benefici oltre che sul dolore muscolo scheletrico:
- ▶ 26% miglioramento della respirazione
- ▶ 25% miglioramento del funzionamento gastrointestinale
- ▶ 14% miglioramenti visivi
- ▶ 14% miglioramento circolatorio



*The Journal of Manipulative and Physiological Therapeutics 1999;
32:559-64*

Benefici collaterali

- ▶ Energia fisica
- ▶ Mobilità articolare
- ▶ Agilità
- ▶ Equilibrio
- ▶ Propriocezione
- ▶ Forza muscolare
- ▶ Performance atletica



Grazie!



FISIOKINETIC
CENTRO MEDICO RIABILITATIVO
by Istituto di Medicina dello Sport di Firenze

dranthony@libero.it