

CHIROPRACTIC DOSAGE FOR LUMBAR STENOSIS

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This randomized clinical trial pilot study will investigate the efficacy of different amounts of total treatment dosage over six weeks in 60 volunteer subjects with lumbar spinal stenosis. Subjects will be evenly randomized into four groups: Group 1 with 8 total chiropractic visits, Group 2 with 12 total chiropractic visits, Group 3 with 18 total chiropractic visits, and Group 4 with 8 total education visits. The study is designed: (1) To determine the feasibility of a larger scale study in terms of logistics, recruitment efforts, and sample size estimations and (2) To determine among the three treatment and one education groups the change in perceived pain levels and general functional health status at the end of six weeks of care and at three and six months post care as follow-up.

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