

National Council for **NCOR** Osteopathic Research

NCOR monthly news bulletin
April 2014

Recent research



Casanova-Méndez A, Oliva-Pascual-Vaca A, Rodriguez-Blanco C, Heredia-Rizo AM, Gogorza-Arroitaonandia K, Almazán-Campos G. **Comparative short-term effects of two thoracic spinal manipulation techniques in subjects with chronic mechanical neck pain: A randomized controlled trial.** *Man Ther.* 2014 Mar 14. pii: S1356-689X(14)00035-6. doi: 10.1016/j.math.2014.03.002. [Epub ahead of print] The abstract of this article is available here: <http://www.ncbi.nlm.nih.gov/pubmed/24679838>

Licciardone JC, Kearns CM, Crow WT. **Changes in biomechanical dysfunction and low back pain reduction with osteopathic manual treatment: Results from the OSTEOPATHIC Trial.** *Man Ther.* 2014 Mar 18. pii: S1356-689X(14)00038-1. doi: 10.1016/j.math.2014.03.004. [Epub ahead of print] The abstract of this article is available here: <http://www.ncbi.nlm.nih.gov/pubmed/24704126>

Mendell LM. **Constructing and deconstructing the gate theory of pain.** *PAIN.* 2014;155(2):210-216. The abstract of this article is available at: <http://www.ncbi.nlm.nih.gov/pubmed/24334188>

Shan Z1, Fan S, Xie Q, Suyou L, Liu J, Wang C, Zhao F. **Spontaneous resorption of lumbar disc herniation is less likely when modic changes are present.** *Spine (Phila Pa 1976).* 2014;39(9):736-44. The abstract of this article is available at: <http://www.ncbi.nlm.nih.gov/pubmed/24503683>

Need some help making sense of the papers? Visit:

<http://www.ncor.org.uk/learning-online/critical-appraisal/> for some help with how to critically review a paper.



NCOR web resources

We hear from a number of osteopaths wishing to give talks to GPs and other healthcare practitioners in order to promote their practice and the osteopathic profession. We have a number of resources that we commonly direct people to.

Evidence for osteopathy summary

This summary describes various topics including:

- professional regulation;
- training;
- osteopathic practice;
- access to treatment;
- clinical governance;
- evidence and practice;
- clinical guidelines;
- low back pain; and
- osteopathy and safety

This summary can be found at: http://www.ncor.org.uk/wp-content/uploads/2013/05/Osteopathy_summary_May_2013.pdf

Data collection in your practice

The information in this summary can be used in conjunction with data from your own practice. Our page on business promotion and research describes the types of data that can be useful in promoting your practice and can be found at: <http://www.ncor.org.uk/practitioners/practice-resources/business-promotion-and-research/>

Keeping up to date



Facebook: www.facebook.com/NCORnews

Twitter: www.twitter.com/NCOR_UK

Linkedin:

www.linkedin.com/company/national-council-for-osteopathic-research

Research hubs

Information about forthcoming research hub meetings can be found at: www.ncor.org.uk/getting-involved/hubs/

If you would like to attend a hub meeting, please get in touch with us: www.ncor.org.uk/contact-us/