



University of Bridgeport College of Chiropractic

D.C. Thesis - Initial Proposal and Advisor Assignment Form

This form is for the preliminary approval of a thesis proposal to be submitted to the University of Bridgeport College of Chiropractic Research/Scholarship Committee prior to substantive work on the thesis. (Use computer. Handwritten forms will not be accepted.)

Student's name:	John R Doe	e-mail address	JRD@jrd.com	
Student ID#:	0999999	Date:	1/1/1	Graduation Date Month/Year
			12/20	
Check Choice of Paper Type	<input checked="" type="checkbox"/> Senior Paper <input type="checkbox"/> Research Thesis			
Three preferred advisors (R/SC will Assign Advisors Research Thesis Advisor Requests will be considered)	Dr. Smith Dr. Jones Dr. Smith-Jones			
Thesis Working Title:	Chiropractic's effects on athletic performance: A literature review			

Research/Scholarship Committee

<input type="checkbox"/> Approval	Pending Committee Acceptance	
	Signature of Research/Scholarship Committee Chair	Date
<input type="checkbox"/> Deferred <input type="checkbox"/> Rejected		
	Signature of Research/Scholarship Committee Chair	Date
Reason:		
Advisor:		

Student Signature:

Date

I understand that binding requirements will be determined by the Research / Scholarship Committee of UBCC and I may be required to Hard Bind my Paper or Thesis at a cost to ME of \$12.00 / copy

Problem Addressed by the Study: (Include the research questions for which answers are sought.)

Chiropractors have long claimed that the chiropractic adjustment, also called a manipulation, has an ergogenic effect. There have been no comprehensive literature reviews of this topic published in the peer-reviewed indexed literature.

Significance of Study and Theoretical Rationale (cite relevant research):

Chiropractors have long claimed that the chiropractic adjustment, also called a manipulation, has an ergogenic effect. Likewise, athletes have claimed that chiropractic treatment has improved their athletic performance or has accelerated their recovery from athletic injuries.[1-7] Chiropractors have been included on the sports medicine team of many amateur, professional, national and international competitions, including membership in the United States Olympic Sports Medicine Team.[8] Despite a growing acceptance of chiropractic as part of a sports medicine team, there is much skepticism of the performance enhancing qualities of chiropractic treatment.

There is some published studies that support the contention that chiropractic manipulation can improve athletic performance. Mennell [9] states that normal muscle function is dependent on normal joint play movements. This concept, that manipulation will have a positive effect on muscle function (i.e., relax tight muscles, increase muscle strength, improve coordination), is generally accepted by the chiropractic profession [10, 11] and is supported by the work of Wyke. [12] In a summary of his work, Wyke writes that manipulation of joints may cause reflex changes in muscle tone (both facilitation and inhibition of motor unit activity) that have been empirically familiar to those using manipulation like chiropractors. Thabe [13] found that manipulation of a dysfunctional joint resulted in almost immediate decrease in abnormal spontaneous muscle activity as seen on electromyogram (EMG).

Methods and Techniques to be used: (include experimental design) population and sample, instrumentation and/or methodology, estimated cost) (N of 1, Time Series or Research Thesis only)

NA

Data Analysis (include statistical procedures.)(N of 1, Time Series or Research Thesis only)

NA

Preliminary Bibliography of Ten Sources (use Vancouver format):

1. Chiroforce. Athletic Excellence Through Chiropractic. Pomona, NY: Chiroforce, no date:
2. Dintenfass J. Dr. Erle Painter, pioneer sports chiropractor, presents his experiences with Boston Braves and New York Yankees. *Chiro Sports Med* 1987;1(3):114-5.
3. Faye LJ. Joint dysfunction: Its significance in athletic performance. Canadian Track & Field Association: Canadian Track & Field Association, 1982.
4. Lauro A, Mouch B. Chiropractic effects on athletic ability. *J Chiro Res Clin Invest* 1991;6(4):84-7.
5. Sportelli L. Chiropractic sports science: a new perspective. *ACA J Chiro* 1988;25(2):19-22.
6. Panter J. The prime of Jose Canseco. *Today's Chiropractic* 1995;24(4):76-80.
7. Rehm W. "Doc" Painter and the "Mighty" New York Yankees...Ruth, DiMaggio and Gehrig were his patients. *Chiro Hist* 1992;12(1):10-1.
8. Corwin JM. The current status of chiropractic in the world of sports medicine. *ACA J Chiro* 1988;25(2):32,3.
9. Mennell JM. *Joint Pain: Diagnosis and Treatment Using Manipulative Techniques*. Boston: Little, Brown and Co.; 1964.
10. Seaman DR. *Chiropractic and Pain Control*. Asheville, NC: DRS Systems, 1992.
11. Michaud TC. *Foot orthoses and other forms of conservative foot care*. Baltimore, MD: Williams & Wilkins, 1993.
12. Wyke BD. Articular neurology and manipulative therapy. In: Glasgow E, Twomey L, Scull E, Kleynhans A, editors. *Aspects of manipulative therapy*. New York: Churchill Livingstone; 1985.
13. Thabe H. Electromyography as tool to document diagnostic findings and therapeutic results associated with somatic dysfunctions in the upper cervical spinal joints and sacroiliac joints. *Manual Med* 1986;2:53-8

Itemized list of projected expenses (Research Thesis only)

NA