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.)

<table>
<thead>
<tr>
<th>Student’s name:</th>
<th>John R Doe</th>
<th>e-mail address</th>
<th><a href="mailto:JRD@jrd.com">JRD@jrd.com</a></th>
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<tr>
<td>Student ID#:</td>
<td>0999999</td>
<td>Date: 1/1/1</td>
<td>Graduation Date: 12/20</td>
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<td>Check Choice of Paper Type</td>
<td>Senior Paper</td>
<td>Research Thesis</td>
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<td>Three preferred advisors (R/SC will Assign Advisors Requests will be considered)</td>
<td>Dr. Smith</td>
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<td>Dr. Jones</td>
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<td>Dr. Smith-Jones</td>
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<td>Thesis Working Title:</td>
<td>Chiropractic’s effects on athletic performance: A literature review</td>
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Research/Scholarship Committee

- □ Approval
- □ Deferred
- □ Rejected

Pending Committee Acceptance

Signature of Research/Scholarship Committee Chair Date

Reason: 

Advisor:
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):

Itemized list of projected expenses (Research Thesis only)

NA