

Glossary

ACA

American Chiropractic Association.

acne

Inflammation or infection of sebaceous glands.

Activator adjusting instrument

A hand-held, spring-activated, mechanical chiropractic adjusting instrument that delivers a controlled thrust.

Activator technique

A system of adjustment using an Activator adjusting instrument.

activities of daily living

Activities routinely performed by an average person.

acupressure/Meridian therapy

The practice of applying digital pressure to stimulate certain sites on the skin to affect distant functional mechanisms of the body. This therapy is based on the belief that these sites are organized along meridians that carry life force.

acupuncture

The practice of inserting needles into specific sites on the skin to relieve pain, induce surgical anesthesia, and to affect distant functional mechanisms of the body. This therapy is based on the belief that these sites are organized along meridians that carry life force.

adjunctive therapy/care/procedure

Those therapies or procedures that are provided but are not the primary therapy.

adjustive instrument

A device that delivers a controlled therapeutic thrust.

adjustment

A therapeutic maneuver that is intended to wholly or partly correct a subluxation and is meticulously controlled in its force, velocity, amplitude, and direction.

adrenal disorder

Any disease or dysfunction of the adrenal gland. Adrenal disorders typically manifest as endocrine or metabolism disorders.

AHCPR

Agency for Health Care Policy and Research.

AIDS

Acquired immunodeficiency syndrome; this represents the end stage of infection with HIV (human immunodeficiency virus) and is characterized by malignancies and infections due to progressive immune system deterioration.

allergies

Conditions caused by overreactions of the immune system to particular antigens.

AMA

American Medical Association.

amitriptyline

Amitriptyline hydrochloride; a tri-cyclic anti-depressant drug used in the treatment of migraine headache, among other conditions.

amyotrophic lateral sclerosis (ALS)

Also known as Lou Gehrig's disease; a nervous system disorder characterized by degeneration of neural tissue and muscular weakness.

anemia

A condition characterized by a reduction in the number of red blood cells.

angina pectoris

A condition marked by recurrent pain in the chest or left arm caused by an inadequate blood supply to the heart muscle.

angiogram

A radiograph of blood vessels made possible by injecting a contrast medium into the vessels.

APA

American Psychological Association.

applied kinesiology

A system of muscle testing used to augment traditional examination procedures.

arterial aneurysm

An enlargement of one aspect of an artery caused by weakness in the arterial wall.

arthritis

Inflammation of joints.

arthritis, rheumatoid

A chronic systemic inflammatory disease primarily affecting the synovium (an internal joint membrane that secretes lubricant) and other articular structures of peripheral joints; it is typically symmetric. The cause is unknown but is theorized to be due to an autoimmune or viral mechanism.

articulation

Joint.

associate degree

A degree conferred by a junior or community college after successful completion of two years of study in a particular field.

associateship

A practice arrangement between two or more practitioners commonly entered into by recent graduates in order to gain clinical practice experience.

asthma

A condition marked by recurrent attacks of wheezing due to spasmodic contraction of the bronchi.

atelectasis or pneumothorax

Collapse of a part, or the whole of a lung, due to absence of gas in the lung cavity or the presence of air or gas in the pleural cavity located between the lung and chest wall.

avascular necrosis

A condition caused by disruption in normal circulation to bone. It can result in pain, loss of bone density, or fracture.

baccalaureate/bachelor's degree

A degree conferred by a college or university after successful completion of undergraduate studies.

back school

Formalized instruction regarding spinal hygiene.

benign prostatic hypertrophy

Noncancerous enlargement of the prostate; it usually begins near the fifth decade and may obstruct the urethra.

beta-agonists

Beta-adrenergic agonists; a group of pharmaceuticals used in the treatment of asthma that produce airway dilation.

biofeedback

Techniques to enable an individual to gain some element of control over autonomic body functions, such as heart rate or blood pressure, by providing auditory or visual information on the state of his/her physiological condition.

biomechanics

The application of mechanical laws and principles to the living body, especially the musculoskeletal system.

blinded observers

Observers or recorders of data in randomized controlled trials who may not know the nature of the research question, do not know to which group patients or clinicians are assigned, and do not know which intervention the clinicians render or that participants receive. The "blinding" of observers reduces error due to bias.

blood chemistry

An analysis of the chemical properties of blood.

blood serology

An analysis of blood serum reactions to identify disease.

bone scan

An image of the concentrations of radioactivity after the internal administration of a radioisotope. The radioisotope concentrates in areas of increased metabolism such as that caused by infection or neoplasm.

bracing

Use of an orthopedic appliance to hold body parts in normal or more normal alignment.

bursitis or synovitis

Inflammation of a bursa or synovial membrane.

CAM

See *complementary and alternative medicine*.

cancer

Any disease characterized by malignant neoplasia (new abnormal cell proliferation).

carcinoma

Malignant growth of epithelial cells (the covering of internal and external surfaces of the body, e.g. mucous membranes and skin). Carcinomas frequently spread directly into surrounding tissues via lymph and/or blood to other parts of the body.

carcinoma, prostatic

Malignant growth of prostatic epithelium (the lining of the internal structures of the prostate).

cardiologist

A physician who specializes in the prevention, diagnosis, and treatment of heart disease.

carpal or tarsal tunnel syndrome

Peripheral nerve compression syndromes; carpal tunnel syndrome affects the median nerve in the carpal tunnel of the wrist; tarsal tunnel syndrome affects the posterior tibial nerve or plantar nerves in the tarsal tunnel of the foot.

case history

The sum total of pertinent data gathered through interviewing a patient. These data typically include the patient's personal information, a description of the chief complaint and present illness, and relevant historical information.

cauda equina

Those nerve roots that originate from the lower portion of the spinal cord, descend within the spinal canal, and exit the spine at the lumbar and sacral levels.

cauda equine syndrome

A set of symptoms caused by a compressive injury to nerve roots of the lumbosacral region; symptoms include: dull aching pain of the sacrum, perineum, and bladder; paresthesias, loss of deep tendon reflexes, and muscle weakness or paralysis in the leg(s); and incontinence.

CCE

Council on Chiropractic Education.

CCR

Consortium for Chiropractic Research.

cerebrovascular

Pertaining to the blood vessels of the brain.

cerebrovascular accident (CVA)

Hemorrhagic or ischemic lesion of a blood vessel that supplies the brain; stroke.

certification

Official recognition that a practitioner has attained a standard through education and training that is beyond the basic level of competency necessary to practice in a profession.

cervical spine

The uppermost seven vertebrae that constitute the bony structure of the neck.

cervicogenic

Beginning in, or arising from, the structures of the cervical spine or neck.

chiropractic

A health care profession that emphasizes the inherent recuperative power of the body to heal itself without the use of drugs or surgery. The practice of chiropractic focuses on the relationship between structure (primarily the spine) and function (as coordinated by the nervous system) and how that relationship affects the preservation and restoration of health. See *Appendix A*.

Chiropractic Oversight Advisory Committee

A United States Defense Department committee charged with overseeing the implementation of legislation to provide the armed forces and veterans with chiropractic benefits and safeguarding the status of doctors of chiropractic in the military health care system.

chlamydia

A genus of bacteria that causes a sexually transmitted disease in humans.

cholecystitis

Inflammation of the gallbladder.

claudication, neurogenic

Leg and low-back pain and paresthesia caused by mechanical pressure on the cauda equina and/or ischemia of the cauda equina, frequently from spinal canal stenosis.

claudication, vascular

Cramping, aching, or pain in skeletal muscle due to ischemia; this condition predominantly affects the legs.

cohort

A term used to identify one group among other groups in a study.

colic

Acute abdominal pain; recurrent abdominal pain in infancy often causing inconsolable bouts of crying.

colitis or diverticulitis

Inflammation of the colon or the diverticulum.

complementary and alternative medicine (CAM)

Those health care practices and interventions, including chiropractic, that are not routinely taught in traditional western medical schools; however, because chiropractic represents the third largest primary health care profession, the chiropractic community and those served by the profession do not generally describe chiropractic care as alternative health care.

concurrent condition

A condition for which the patient is not reporting for care but is present with another condition for which the person is seeking care.

congenital/developmental anomaly

An abnormality that is present at birth or appears in later development.

content-related evidence of validity

Evidence that shows the extent to which the content domain of a test is appropriate relative to its intended purpose. Such evidence is used to establish that the test includes a representative or critical sample of the relevant content domain and that it excludes content outside that domain.

COPD

Chronic Obstructive Pulmonary Disease. Generalized airway obstruction, particularly

of small airways, associated with complications of chronic bronchitis, asthma, and emphysema.

correlation coefficient

An index that can range from -1.00 through 0 to +1.00, indicating the extent to which two variables relate.

cortisol

The major glucocorticoid hormone synthesized by the adrenal cortex; among its many functions it affects the metabolism of glucose, proteins, and fats and helps regulate the immune system.

counterstrain

A system of musculoskeletal evaluation and treatment in which tender points in the affected soft tissue are identified and released by passively moving the involved body part into a position of most comfort, held for 90 - 120 seconds, and then moved into its neutral position. This procedure is repeated for each tender point.

Cox/Flexion-Distractive technique

A system of procedures using distraction, or doctor-controlled tractive forces applied to a specific level of the spine with or without articular facet adjustment.

cranial nerve disorder

A condition affecting one or more cranial nerves.

cranial technique

A technique to correct immobilities and asymmetries of the cranial bones.

credentialing

Granting rights and privileges.

cryotherapy

The use of cold as a treatment modality.

CT scan

Computed tomograms use computer and X-ray technology to produce images of the body.

curriculum

The regular courses of study in a particular school or degree program.

CVA

See *cerebrovascular accident*.

D.C.

Doctor of Chiropractic.

Delphi study

A method of study originally developed by the RAND Corporation to arrive at reliable predictions about the future of technology. Widely used when convergence of opinion through group consensus is needed.

demographics

Statistical information about a certain population.

dermatitis

Inflammation of the skin.

diabetes

A chronic syndrome characterized primarily by impaired metabolism of carbohydrates, but also of proteins and fat, due to decreased insulin production or tissue resistance to insulin.

diagnosis

The determination of the presence and nature of a disease process.

diagnostic ultrasound

Utilization of very high-frequency sound waves and their reflections for visualizing deep structures of the body.

diathermy

Therapeutic use of high-frequency electric current to produce a thermal effect (heat) in the deep tissues of the body.

dimethicone

Simethicone; a silicone preparation used as an antifatulent or to disperse stomach gas.

diplomate

A professional who has been certified as a specialist by an appropriate board.

direct current

Also called galvanic current. An electrical current that flows in one direction only. It is used therapeutically to control pain, move fluids, exercise muscles, relax spastic muscles, and induce thermal changes.

discogram

A radiograph of an intervertebral disc that has been injected with a contrast medium. It is utilized to visualize defects in the disc.

diversified technique

A full spine chiropractic adjustive technique designed to correct vertebral subluxations in the most efficacious manner possible with respect to the clinical circumstances. Typically, each chiropractic college teaches its own diversified technique.

doctoral/doctorate degree

The highest degree conferred by a college or university recognizing the recipient as a specialist in a particular field.

dysmenorrhea

Painful menstruation.

dysmenorrhea, primary

Painful menstruation, usually beginning near menarche but typically not associated with pathology of the pelvis.

eating disorder

A mental disorder resulting in abnormal feeding habits, for example, anorexia nervosa and bulimia nervosa.

ECG

See *electrocardiogram*.

EKG

See *electrocardiogram*.

electrical stimulation

The use of an electrical current to elicit a desired physiologic response.

electrocardiogram (ECG or EKG)

The recording over time of the electrical activity of the heart.

electroencephalograph

An instrument used to create a graphical representation of the bioelectrical activity of the brain as detected by electrodes on the scalp.

electromyograph

An instrument used to create a graphical representation of the bioelectrical activity of muscles using surface or needle electrodes.

electromyography (EMG)

The recording over time of the electrical activity of skeletal muscle at rest, during voluntary contraction, or during surface or intradermal electrical stimulation.

embryology

The study of the origin and development of the embryo.

EMG

See *electromyography*.

emphysema

A pathological accumulation of air in tissues or organs; applied especially to swelling of the alveoli or of the tissue connecting the alveoli in the lungs. It is accompanied by tissue atrophy and breathing impairment.

endocrine

Pertaining to hormones or to structures that release their products into the blood or lymph.

endocrine or metabolic bone disorder

A condition of the endocrine or metabolic system that produces a pathological effect in bone.

epiphysitis

Inflammation of an epiphysis (large articular end of a long bone) or of the cartilage that separates it from the main shaft of the bone.

equilibrium

A state of postural balance.

ergonomics

The science of creating an efficient human work environment, typically addressing anatomical, biomechanical, psychological, and physiological factors.

esophageal reflux

The backward flow of stomach contents into the esophagus.

etiology

The cause or origin of disease or infirmity or the study thereof.

extra-spinal joint conditions

Conditions involving the joints not of the spinal column, ie. ankle, knee, shoulder, fingers, etc.

extremity subluxation/joint dysfunction

The alteration of normal biomechanical or physiological dynamics of extra-spinal contiguous articular structures. Extremity subluxation may involve static properties (malposition) and/or dynamic properties (joint fixation) both of which result in joint dysfunction.

facet syndrome

Pain originating from injury to the posterior vertebral (zygapophyseal) joints.

FCER

Foundation for Chiropractic Education and Research.

FCLB

Federation of Chiropractic Licensing Boards.

fibromyalgia

A chronic condition characterized by aches, tenderness, and stiffness of the muscles and adjacent soft tissues.

field internship

Practicing under the license and/or direct supervision of one or more physicians in an existing fee-for-service practice.

field test

A trial test of the *Survey of Chiropractic Practice* given to a small number of practitioners. It was used to identify problems participants might have in understanding and completing the survey.

finite population correction term

A factor included in the standard error formula that reduces the standard error as the proportion of the population sampled increases.

frequency factor

The estimated number of times the practitioner completing the survey performed the specified activity.

full spine

A chiropractic treatment approach in which all spinal levels are assessed as compared to approaches that focus on selected areas of the spine.

Gonstead technique

A full spine chiropractic method developed by Clarence Gonstead, D.C., that utilizes radiographic analysis, instrumentation, and palpation to locate and specifically determine the malposition of subluxated vertebrae, which are then corrected manually.

gout

A disorder of purine metabolism that results in the deposition of monosodium urate (uric acid) crystals in avascular tissues, e.g. cartilage; symptoms include severe, acute peripheral arthritis. Classically, patients suffer from the sudden onset of severe pain, tenderness, swelling, and redness of the joint of the big toe.

headache, cervicogenic

Headache with its origin in the structures of the cervical spine or neck.

headache, tension type (TTH)

Typically bilateral, often occipital, mild to moderate headache correlated with physical or emotional strain. TTH is the most prevalent type of primary benign headache. Episodic types may persist for 30 minutes to a week or more; chronic types may be continuously symptomatic for six months or more.

health maintenance organization

See *HMO*.

hematological

Pertaining to hematology.

hematology

The study of the diseases of the blood and blood-forming tissues.

hemorrhoid

A dilated vein in the rectum or anus.

hepatitis

Inflammation of the liver; common causes are viral infections and alcoholism.

herbalism

The use of herbs in health care.

hereditary disorder

Any disorder that is transmitted genetically from parent to offspring.

hernia

The protrusion of a portion of an organ or tissue through an abnormal opening.

hernia, hiatal

The protrusion of a portion of the stomach through the esophageal hiatus of the diaphragm.

hernia, inguinal

Protrusion of a portion of the intestine into the inguinal canal.

herpes simplex/herpes zoster

Strains of the herpes virus that cause inflammatory skin diseases characterized by spreading clusters of small vesicles.

histology

That portion of the study of anatomy dealing with the cellular structure of tissues.

HIV

Human immunodeficiency virus; HIV is the causative organism responsible for AIDS.

HMO

Health maintenance organization; an organized system for providing an agreed upon set of health care services to enrollees in exchange for periodic prepayments without regard to actual amount of services utilized by individual enrollees.

homeopath

A health care practitioner who practices homeopathy.

homeopathic remedies

Minute doses of substances utilized in the practice of homeopathy.

homeopathy

A health care system based on the theory that specific diseases can be cured by administering to ill persons minute doses of drugs or other substances that if given in large doses to a healthy person are capable of producing symptoms like those of the disease being treated.

hyperlordosis of cervical or lumbar spine

Increased anterior convexity of the cervical or lumbar spine.

hypolordosis of cervical or lumbar spine

Decreased anterior convexity of the cervical or lumbar spine.

ibuprofen

A nonsteroidal anti-inflammatory, analgesic, and antipyretic drug.

ICA

International Chiropractic Association.

IgA

See *immunoglobulin*.

immunoglobulin

One of a group of glycoprotein's that acts as an antibody (IgA, IgD, IgE, IgG, IgM).

immunological disorder

Dysfunction of the immune system.

impairment evaluation

An evaluation to determine the presence of an impairment of a body part or parts.

importance

In the analysis of the survey, **Frequency** and **Risk** were multiplied together and the resultant product was labeled "**Importance**."

impotency

The inability to initiate an erection or to maintain an erection until ejaculation.

informed consent

The process of providing a patient the knowledge to understand the risks, benefits, alternatives to, and consequences of treatment or lack thereof and obtaining approval from the patient to proceed with treatment as described.

infrared baker lamp

A superficial heat therapy utilizing radiation with a wavelength between 7,700 and 14,000 Angstroms.

insurance

A contract in which one party agrees to reimburse another in case of loss. In the case of health insurance, the loss is in the form of money paid for health care.

integument

The skin as the covering of the body; also known as integumentum.

interferential current

A physiotherapeutic modality consisting of two medium-frequency currents that intersect deep within a body part and in so doing create a third current.

interim survey form

The survey form administered to a small sampling of chiropractors and used to refine the form used for the *Survey of Chiropractic Practice*.

International Classification of Disease-9CM Codes (ICD-9)

A standardized numeric coding scheme of medical diagnoses used by the health professions principally for the billing of insurance benefits.

internist

A physician, who specializes in the diagnosis and treatment of diseases in adults. Internists usually exclude surgical and obstetrical interventions from their practice.

intervertebral disc syndrome

A conglomeration of signs and symptoms caused by a pathological condition of a spinal disc. It typically consists of episodic low-back pain with possible sciatic pain, progressive buttock, thigh, calf, and/or heel pain. Weakness, numbness, and decreased reflexes may also be present in the involved extremity.

ischemia

Localized deficiency of blood supply usually due to arterial constriction or obstruction.

job analysis

Any of several methods of identifying the tasks performed on a job or the knowledge, skills and abilities required to perform a job.

job inventory

A list of tasks and functions performed on a job; it serves as the basis for forming a job analysis.

kidney stone

A mass of hard material (usually mineral salts) accumulated in a kidney; the passing of a stone in the urine typically produces excruciating pain.

kyphosis of thoracic spine

Increased posterior convexity of the thoracic spine.

licensure

The process of granting a license which is required by law in order to practice a profession. It is the most restrictive form of occupational regulation, because it prohibits anyone from engaging in the activities covered by the scope of practice without permission from a government agency.

listing

A specific, typically jargonistic, description of a joint's abnormal position or movement.

Logan basic

An adjustive technique developed by Hugh B. Logan, D.C., that utilizes an integrated system of body mechanics and adjusting procedures.

lumbar spine

The lowermost five vertebrae of the spine.

managed care

Any of a variety of organized systems for delivering health care services; see *HMO* and *PPO*.

manipulation

A therapeutic application of passive manual force that moves a joint quickly beyond its elastic barrier of resistance but not beyond its limit of anatomic integrity. See **Glossary Figure 1** under *range of motion*.

master's degree

A degree conferred by a graduate school, usually requiring at least one year of study after a bachelor's degree.

McGill Pain Questionnaire (MPQ)

A self-reporting inventory for rating pain.

mean

Arithmetic average.

Medicaid

A state and federal program of healthcare reimbursement for the poor.

Medicare

A federal program of health care reimbursement for the disabled and elderly.

menopause

The cessation of menstruation.

Meric technique

A system of analysis and adjusting in which the body is divided into zones corresponding to vertebral levels.

meta-analysis

A synthesis of several quantitative studies which address a common topic.

metabolic

Pertaining to metabolism.

metabolism

The combined processes of anabolism and catabolism, i.e. the chemical and physiologic processes by which an organism converts substances into its structure or to its use and the processes through which it converts substances for excretion.

metastasis

The transfer of disease from one body part to another.

methodology

The design of a study or procedures utilized in a study.

mobilization

Therapeutic maneuvers that move joints up to but not beyond the elastic barrier of resistance. See **Glossary Figure 1** under *range of motion*.

MRI

Magnetic Resonance Imaging; a diagnostic imaging modality that utilizes a magnet field and radio frequency transmission and reception to produce images of the body. It is especially valuable in visualizing soft tissues.

multidisciplinary

Pertaining to the availability of several health care disciplines in one facility or the utilization of several health care disciplines in the treatment of patients.

multiple sclerosis

A central nervous system disorder characterized by demyelination and degeneration of neural tissue.

muscular atrophy

Wasting of muscle tissue.

muscular dystrophy

A degenerative genetic disease characterized by weakness and muscle atrophy.

myocardial infarction

Heart attack; the death of heart muscle due to an interruption of blood flow usually caused by atherosclerosis of the coronary arteries and coronary thrombosis.

myofascial release

A variety of direct and indirect manual pressure, traction, and twisting maneuvers for the evaluation and treatment of lesions to muscles and/or their associated fascia (encapsulating soft tissue).

myofasciitis

Inflammation of muscles and fascia.

National Advisory Committee

The committee composed of representatives from state chiropractic examining boards, chiropractic educators, and private practitioners to offer guidance to the job analysis project.

National Board of Chiropractic Examiners (NBCE)

The international testing agency for the chiropractic profession.

NBCE Job Analysis Steering Committee

The committee composed of representatives of the Board of Directors of the National Board of Chiropractic Examiners, who have the responsibility of guiding the job analysis project.

nerve conduction studies

The recording over time of the electrical activity of peripheral nerves at rest or during surface or intradermal electrical stimulation.

neuralgia

Pain which extends along the course of one or more nerves.

neurological exam

Examination of the nervous system.

neurologist

A physician who specializes in the diagnosis and treatment of disorders of the nervous system.

neurology

The study of the nervous system in health and disease.

neuromusculoskeletal (NMS) examination

A series of specific tests performed to determine the structural integrity and functional capacity of the bones, muscles, and nerves of the body.

NIMMO/ receptor tonus technique

A system of deep connective tissue and myofascial manipulation developed by Raymond Nimmo, D.C.

nonsteroidal anti-inflammatory drugs (NSAIDs)

Broad classification of pharmaceuticals that do not contain steroids but reduce tissue concentrations of prostaglandins (hormones that modulate several inflammatory responses). NSAIDs are typically prescribed to reduce musculoskeletal inflammation and decrease pain; drugs in this class include ibuprofen and naproxen.

nonsubluxation-based diagnosis

A diagnosis other than "subluxation." Because the detection and treatment of subluxations is unique to the chiropractic profession, a distinction is made in this report between subluxation and other diagnoses.

NSAIDs

See *nonsteroidal anti-inflammatory drugs*.

numeric pain scale

A self-reporting instrument for rating pain.

nutritionist

A specialist in food, diet, and nutrition.

objective structured clinical examination/ OSCE

A practical examination characterized by the use of standardized patients who are extensively trained to reliably portray a specific health condition.

ortho/neuro specialist

Orthopedist/neurologist.

orthopedic exam

Examination of structures involved in locomotion including joints, muscles, ligaments and connective tissue.

orthopedics

That branch of health care specializing in the prevention and treatment of injuries or diseases of the skeletal system, joints, and associated structures.

orthopedist

A physician who specializes in orthopedics.

orthotics

An orthopedic appliance or apparatus used to support, align, prevent, or correct deformities or to improve the function of parts of the body.

osteoarthritis/degenerative joint disease

A disease occurring primarily in older individuals that is characterized by degeneration of the cartilage and hypertrophy of bone, generally accompanied by pain and stiffness.

osteomyelitis

Inflammation of bone caused by infection.

osteopath (D.O.)

Doctor of osteopathy; a health care practitioner who practices osteopathic medicine.

osteopathic medicine

A health care profession that employs generally accepted physical, pharmaceutical, and surgical methods of diagnosis and treatment; classic osteopathic education and practice includes joint manipulation.

osteopathy

See *osteopathic medicine*.

osteoporosis/osteomalacia

Conditions marked by softening or degenerating of the bone mass sometimes accompanied by pain, tenderness, and muscular weakness, leading to bone fractures with minimal trauma.

Oswestry Index

A self-reporting instrument for the rating of impairment relative to pain and restrictions in activities of daily living.

palliative

Comforting or relieving, but not curative.

Palmer upper cervical/HIO technique

A technique that utilizes specific radiographic analysis and adjusting procedures developed by B. J. Palmer, D.C., for correction of subluxations in upper cervical vertebrae only.

Palmer, D.C., Daniel David

The discoverer of chiropractic.

palpation

Examination through the use of the hand, especially the fingers, for the purpose of diagnosing.

pancreatitis

Inflammation of the pancreas due to autodigestion by its own enzymes usually caused by alcoholism or biliary disease.

paraffin bath

A superficial heat therapy usually applied to the hands or feet by immersion in melted paraffin wax that has been diluted with mineral oil.

parasite

An organism that lives in or upon another.

Parkinson's disease

A progressive degenerative disorder of the central nervous system accompanied by a characteristic "pill-rolling" tremor.

passive ranges of motion

The movement of a joint without the assistance (or resistance) of the patient. See **Glossary Figure 1** under *range of motion*.

pathologic

Pertaining to pathology.

pathology

1. The structural and functional changes, especially of tissues, that lead to or are the result of disease. 2. Any deviation from health. 3. The study or treatment of the essential nature or cause of disease.

pathophysiologic

Pertaining to the physiological nature of an abnormal or diseased state.

peripheral neuritis

Inflammation, pain, and tenderness of a peripheral nerve.

pharmatotoxicology

The combined study of pharmacology and toxicology, i.e. the study of drugs and poisons.

physiatrist

A physician who specializes in the prevention, diagnosis and treatment of disease or injury using physical agents and pharmaceuticals.

physical examination

Examination of the body through inspection, palpation, auscultation, and percussion for diagnosing disease.

physical therapy

Treatment or prevention of injuries and illnesses utilizing physical agents such as heat, cold, ultrasound, and electrical stimulation.

physiotherapeutic modalities

See *physical therapy*.

physiotherapy

See *physical therapy*.

Pierce-Stillwagon technique

A full-spine technique that utilizes specific radiographic analysis, instrumentation, and adjusting procedures developed by Walter Pierce, D.C., and Glenn Stillwagon, D.C.

pigment disorders

Abnormal skin coloring.

pilot test

A preliminary survey conducted by the NBCE to help determine the appropriate format and content of the *Survey of Chiropractic Practice*.

pituitary disorder

Dysfunction of the pituitary gland.

placebo

1. A pretended procedure or dummy drug administered to a control group in a controlled clinical trial. 2. Any sham intervention.

plexus

A network of nerves, blood vessels, or lymphatic vessels.

podiatrist

A specialist who cares for feet.

polycythemia

An above normal increase in the number of erythrocytes (red blood cells).

PPO

Preferred provider organization; a health care plan that offers incentives for enrollees to utilize specific providers.

practical exam

An exam that requires examinees to perform tasks or procedures which might commonly be required in practice.

Practice Model Log

An instrument developed for self-administration by practicing chiropractors in which they provided information regarding each of 10 consecutive patient visits. These data were used as an additional source of information about the chiropractic profession as well as a basis for developing the Interim Survey Form.

preceptorship

Undergraduate and graduate programs in which a chiropractic college may place a student chiropractor or a recent graduate in a licensed chiropractor's office to learn clinical procedures and patient management methods under guidelines established by the sponsoring chiropractic college.

preferred provider organization

See *PPO*.

presenting condition

One or more symptoms or other concerns for which the patient is seeking care or advice.

proportional sampling

A form of sampling in which the number selected is a percent of the population.

proprioceptive

Pertaining to the perception of stimuli from nerve receptors within ligaments, tendons, and muscles that provide information regarding body position and movement.

psoriasis

A condition which produces dry, scaling patches of skin sometimes associated with a distinctive arthritis.

psychiatrist

A physician who specializes in the prevention and treatment of mental disorders.

psychological disorder

A mental disorder, especially those that affect behavior.

psychologist

A specialist who deals with the prevention and treatment of psychological disorders, usually without the use of pharmaceuticals.

psychoneuroimmune system

The interaction of mental, neurologic, and immune systems, especially as their functions influence the course of health and disease.

psychoneuroimmunology

That branch of science that deals with the interaction of mental processes, the nervous system, and the immune system in human health and disease.

psychopathologic

Pertaining to the nature of an abnormal mental condition.

radicular

Pertaining to the root, specifically the nerve root. Radicular findings include symptoms, such as pain, that are consistent with injury to a nerve root.

radiculitis or radiculopathy

Inflammation or disease of the root of the spinal nerve.

radiograph

An X-ray; a visualization of body structures obtained by the passage of radiation through those structures and captured on sensitized film.

RAND

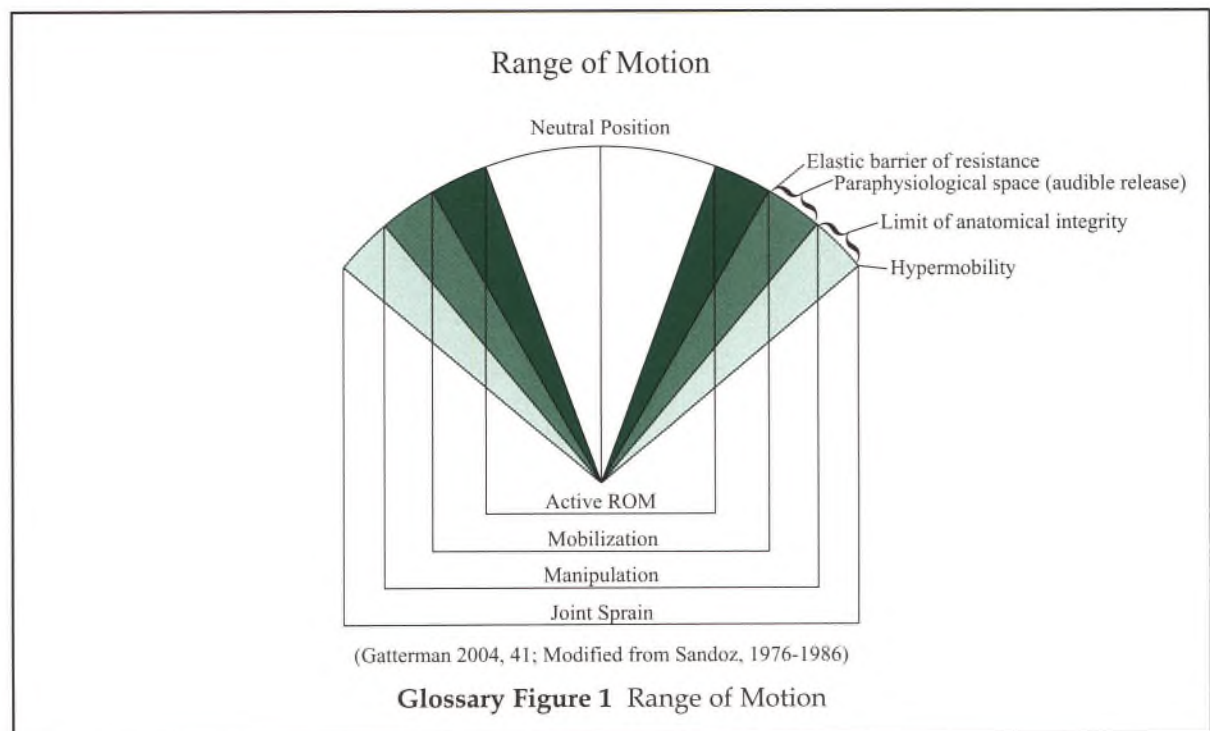
A nonprofit institution that seeks to improve public policy through research and analysis.

randomized controlled trial

A clinical study in which subjects are randomly assigned to either a treatment group which receives the intervention being evaluated or to a control group which does not receive the intervention.

range of motion (ROM)

The gross active and passive motion that a joint can be moved through without causing injury. See **Glossary Figure 1**.



rating scales

A mechanism to obtain appraisals on a common set of attributes for all raters and ratees and to have these expressed on common quantitative and qualitative scales.

reliability

The degree to which test scores are free of errors of measurement.

research protocols

Procedures to be followed in a research study.

return rate

Percent of practitioners selected to complete the *Survey of Chiropractic Practice* who either returned the survey form or who were accounted for by other means.

rheumatologist

A physician who specializes in the treatment of diseases characterized by inflammation or other derangement of connective tissues especially the joints and related structures, e.g. arthritis.

risk factor

The degree of risk to public health or patient safety perceived by survey respondents relative to omission or poor performance of activities listed in the *Survey of Chiropractic Practice*.

roentgenology

Radiology; that branch of the health sciences that deals with the diagnostic and therapeutic use of radiation.

Roland-Morris questionnaire

A self reporting instrument for the rating of disability due to low back pain.

ROM

See *range of motion*.

S.O.A.P. notes

A healthcare practitioner's daily notes describing a patient's Subjective and Objective findings and the practitioner's Assessment and Plan for immediate and future management.

S.O.T./Sacro-occipital technique

A system of soft tissue, reflex, diagnostic, and adjusting techniques developed by M. B. DeJarnette, D.C.; this technique emphasizes the close physiological and biomechanical

relationships between the pelvis and the cranium.

sampling design

The specified method by which individuals are selected to be surveyed.

scoliosis

A lateral curvature of the spine.

short-lever arm adjustive techniques

A maneuver in which the practitioner makes the thrusting contact immediately adjacent to the joint to be manipulated.

somatic

1. Pertaining to the body, as opposed to the mind or emotions. 2. Physical.

SPEC

Special Purposes Examination for Chiropractic. The SPEC is designed to assess licensed or previously licensed chiropractic practitioners in areas of clinical practice.

specialty board/council

A recognized authority that grants certification in specialties.

sprain

An injury to a ligament in which some of the fibers are ruptured or torn but the integrity of the ligament remains intact.

standard deviation

The measure of variability, spread, or dispersal of a set of scores around their mean value.

standard error

An abbreviation for standard error of estimate that indicates the accuracy of a score. The standard error of estimate is the standard deviation divided by the square root of the sample size, and corrected for sampling from a finite population.

stenosis

Abnormal narrowing of the internal diameter of hollow structures, such as canals, foramen, and lumen.

stenosis, spinal

Abnormal narrowing of the internal diameter of the vertebral canal, nerve root canal, or intervertebral foramen.

stenosis, spinal canal

A significant reduction in diameter of the spinal canal; this may result in spinal cord or nerve root compression.

strain

An overuse injury to a muscle.

stroke

A vascular lesion of the brain often resulting in permanent neurologic damage.

subluxation

The alteration of normal biomechanical or physiological dynamics of contiguous articular structures; it is essentially a functional entity.

survey instrument

The questionnaire developed by the NBCE for the *Survey of Chiropractic Practice*.

systemic/rheumatoid arthritis or gout

See *arthritis, rheumatoid* and *gout*.

taping/strapping

The application of adhesive tape to body parts to prevent or support injuries.

tendinitis/tenosynovitis

Inflammation of a tendon or of a tendon and its enveloping sheath.

Thompson technique

A system of analytical and adjusting techniques developed by J. Clay Thompson, D.C., that emphasizes the use of a Thompson terminal point adjusting table.

thoracic outlet syndrome

Compression of the brachial plexus or subclavian artery by anatomical structures in the region of the lower neck, first rib, and clavicle.

thoracic spine

The twelve vertebrae located between the cervical and lumbar spine. The ribs articulate with the thoracic vertebrae.

thrust

The sudden controlled manual therapeutic application of force used to effect an adjustment or manipulation.

thymus or pineal disorder

Dysfunction of the thymus or pineal gland.

thyroid or parathyroid disorder

Dysfunction of the thyroid or parathyroid glands.

TMJ syndrome

Various symptoms of discomfort, pain, or pathology caused by trismus, muscle tremor, arthritis, direct trauma, or malocclusion of the temporomandibular joint.

toggle recoil

A specific adjustive technique characterized by a very quick low amplitude thrust which is immediately withdrawn from the point of contact before a reflex muscle response occurs in the patient. The thrust is often performed with the patient placed over a mechanical drop piece.

traction

A therapeutic technique utilizing axial tension applied to a body segment.

trigger point

A focused area of hyperirritability in a tissue, usually muscle, that can result in referred pain and autonomic syndromes.

trimester

1. One of three equivalent terms into which an academic year is divided. 2. One of three equivalent time periods that the nine-month-long human gestation is divided.

t-test

A statistical procedure used to determine whether two means (arithmetic averages) differ significantly from each other.

tumor

Abnormal, uncontrolled growth of tissue; neoplasm. Tumors may be malignant or benign.

ulcer of stomach, intestine or colon

A lesion characterized by the loss of the inner mucosal surface of the digestive tract, usually accompanied by inflammation.

ultrasound

A therapeutic modality that utilizes high frequency sound waves to produce micromassage and deep heating effects in the body.

ultraviolet therapy

A radiation modality with wavelengths between 200 and 400 nanometers used to produce photochemical effects.

validity

The degree to which inferences from test scores are appropriate, meaningful, or useful.

VAS

See *visual analogue scale*.

vascular studies

Any of a variety of objective evaluations of the blood vessels. Common evaluations include angiography and Doppler ultrasonography.

VBA

See *vertebrobasilar artery*.

VBAI

See *vertebrobasilar artery insufficiency*.

vertebral facet syndrome

A condition in which symptoms arise from inflamed, damaged, or dysfunctional vertebral facets. It often accompanies increased spinal lordosis and may be secondary to intervertebral disc degeneration.

vertebrobasilar arterial insufficiency (VBAI)

Lack of normal blood flow through one or more of the vertebral arteries or the basilar artery. VBAI results in reduced blood flow to the brainstem, causing neurologic symptoms, such as dizziness, vertigo, double vision, or sudden loss of balance.

vertebrobasilar artery (VBA)

Pertaining to the three-artery complex comprised of the paired vertebral arteries and the basilar artery. The vertebral arteries are located in the upper neck; the basilar artery is located at the base of the brain.

vertigo

A false sense that either one's body or environment is rotating.

vibratory therapy

The use of fingers or a mechanical device to produce oscillations in body tissues or to stimulate proprioceptive nerve functions.

visual analogue scale (VAS)

A visual scale on which a patient self-reports pain intensity.

weighting factor

A number used when aggregating data from individuals or subgroups so that the aggregated sample accurately represents the population.

wellness

A state of optimal physical, mental, and emotional health, not merely the absence of disease or infirmity.

whirlpool/hydrotherapy

A therapeutic modality that utilizes water to produce various mechanical and/or physiological effects.

work hardening

Specialized programs for the prevention or rehabilitation of injuries related to specific jobs.

workers' compensation

State-regulated health care and wage reimbursement for workers who are injured on the job.

X-ray

See *radiograph*.