

# Glossary

## **ACA**

American Chiropractic Association.

## **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**

Therapies or procedures that are provided in support of and in addition to the primary therapy.

- active adjunctive care – an adjunctive procedure that is performed by the patient, i.e., exercises, dietary changes.
- passive adjunctive care – an adjunctive procedure that is performed by the doctor or a supervised assistant, i.e., cold or hot packs, electrical stimulation.

## **adjusting technique**

One of the various methods or systems for accomplishing an adjustment.

## **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 carefully controlled in its force, velocity, amplitude, and direction.

## **amitriptyline**

Amitriptyline hydrochloride; a tricyclic antidepressant drug used in the treatment of migraine headache, among other conditions.

## **angiogram**

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

## **APA**

American Psychological Association.

## **arterial aneurysm**

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

## **arthritis, degenerative**

A gradual breakdown of any joint; this affects the spine and extremities. The cause is multifactorial but ageing,

genetics, and biomechanical trauma all appear to be involved.

**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**

A joint in the skeletal system that permits movement between bones.

**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.

**baccalaureate/bachelor's degree**

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

**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.

**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.

**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.

**case management**

Coordination of diagnostic and treatment procedures to help meet a patient's healthcare needs.

**case series**

A published report of several patients with a similar condition and/or a similar treatment program.

**case study**

A published report of a patient with a specific condition and the outcome of the treatment of that condition.

**CCE**

Council on Chiropractic Education.

**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 healthcare 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 technique**

One of the various methods or systems doctors of chiropractic employ to accomplish an adjustment.

**CIN-BAD**

Chiropractic Information Network/Board Action Databank; the collection of violations, sanctions, and reinstatements of chiropractors maintained by the Federation of Chiropractic Licensing Boards.

**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.

**clinical internship**

The training period during which the student doctor evaluates and cares for patients under the supervision of a licensed faculty member.

**cohort**

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

**cohort study**

An observational study of a group of individuals who share a common characteristic.

**colic**

Acute abdominal pain; in infants, recurrent abdominal pain causing inconsolable bouts of crying.

**co-management**

The sharing of responsibility for a patient's health care among two or more practitioners.

**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.

**consultation**

An opinion or treatment recommendation from another healthcare provider, usually a specialist in another field.

**content 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.

**corrective exercises**

A series of stretching and/or strengthening maneuvers designed to correct a postural imbalance or functional asymmetry.

**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 in response to stress; among its many functions it affects the metabolism of glucose, proteins, and fats and helps regulate the immune system.

**cranial nerve disorder**

A condition affecting one or more cranial nerves.

**credentialing**

Granting rights and privileges.

**crossover investigation**

A scientific trial in which the treatment and placebo groups switch treatments mid-way through the study.

**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.

**cut score**

A specific point on a score scale above which test takers pass and below which examinees fail.

**CVA**

See *cerebrovascular accident*.

**D.C.**

Doctor of Chiropractic.

**demographics**

Statistical information about a certain population.

**diagnosis**

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

**diagnostic imaging**

Any of the methods used to produce images of the human body for the purpose of diagnosing a health concern or 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.

**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.

**disc herniation**

The presence of a portion of an intervertebral disc outside of its normal borders. This can cause variable symptoms (see *intervertebral disc syndrome*) or be completely asymptomatic.

**diversified technique**

A full spine chiropractic adjustive technique that employs high-velocity, low-amplitude thrusts to correct vertebral subluxations and joint restrictions.

**doctoral/doctorate degree**

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

**documentation**

The recording of patient examination and treatment information, including case management decisions.

**dysmenorrhea**

Painful menstruation.

**ECG**

See *electrocardiogram*.

**EKG**

See *electrocardiogram*.

**electrical stimulation**

The use of an electrical current to elicit a desired physiologic response; usually pain reduction, accelerated healing, or muscle contraction.

**electrocardiogram (ECG or EKG)**

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

**electromyography (EMG)**

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

**embryology**

The study of the origin and development of the embryo.

**EMG**

See *electromyography*.

**endocrine**

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

**equilibrium**

A state of postural balance.

**etiology**

The cause or origin of a disease or infirmity.

**external validity**

The ability of a study's results to apply to the general population in real world circumstances.

**extra-spinal joint conditions**

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

**extremity joint adjustments**

The use of chiropractic techniques to address malpositions and fixations of joints outside of the spinal column.

**extremity subluxation/joint dysfunction**

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

**facet syndrome**

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

**FCLB**

Federation of Chiropractic Licensing Boards.

**fibromyalgia**

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

**FICS**

Fédération Internationale de Chiropratique du Sport / International Federation of Sports Chiropractic; organizes chiropractic coverage for the many games and competitions that take place in multiple sports around the world.

**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.

**forensics**

The specialty field that deals with the application of clinical knowledge and expertise in legal proceedings.

**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.

**full spine and extremity approach**

The use of chiropractic techniques to assess and treat all joints of the body.

**headache, cervicogenic**

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

**headache, migraine and vascular**

The classification for a headache caused by abnormal functioning of the blood vessels or vascular system of the brain; classically includes visual system alterations.

**headache, post-traumatic**

Pain in the head occurring after trauma to the head or neck; it may be either physical or psychogenic in origin and may resemble either a vascular or a tension headache.

**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**

An organized system for providing an agreed upon set of healthcare services to enrollees in exchange for periodic prepayments without regard to actual amount of services utilized by individual enrollees.

**health promotion/wellness care**

The use of education and counseling to encourage patients to adopt behaviors and lifestyles that can prevent disease and improve health.

**hematology**

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

**high-velocity, low-amplitude manipulation (HVLA)**

An adjustment technique utilizing high speed and low displacement procedures in order to target a specific joint.

**high-velocity thrusting**

Another term for the use of HVLA techniques.

**histology**

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

**HMO**

See *health maintenance organization*.

**hot packs**

Pads that are heated by electricity, chemicals, or water; commonly used to relax muscles, improve blood flow, and alleviate pain.

**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.

**ICA**

International Chiropractic Association.

**ice packs**

Bags filled with crushed ice or refrigerant gel; commonly used to reduce swelling and alleviate pain. The procedure is also known as *cryotherapy*.

**imaging studies**

The results of diagnostic imaging procedures, whether on films or digital displays.

**immunological disorder**

Dysfunction of the immune system.

**impairment evaluation**

An examination to determine the presence of a limitation in function of a body part.

**importance value**

The product of the frequency with which a professional function is performed multiplied by the risk to a patient's health or safety due to omission or poor performance of the activity. The importance value is commonly used in role delineation studies.

**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 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 healthcare services.

**integument**

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

**interdisciplinary referral**

A process where healthcare professionals transfer the care for a patient from one type of provider to another.

**interferential current**

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

**International Board of Chiropractic Examiners (IBCE)**

The international testing agency for the chiropractic profession; established by the NBCE.

**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.

**internship**

A training period during which the student doctor examines and treats patients under the supervision of a licensed faculty member.

**intervertebral disc syndrome**

Various 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. When a job analysis is performed for a profession, it is often called a practice analysis.

**job inventory**

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

**joint dysfunction**

The condition where an articulation is not allowing normal movement to occur between two or more bones of the skeleton; the movement may be insufficient, excessive, or in an abnormal pattern.

**joint function**

The characteristics of an articulation that allows movement between two or more bones of the skeleton.

**jurisprudence**

The study or application of the principles of law and justice.

**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 description of a joint's abnormal position or movement; there are many conflicting systems currently in use.

**literature review**

An extensive search of the scientific information available on a particular topic; results are then critically

appraised to determine the current state of knowledge on the topic.

**lumbar spine**

The lowermost five vertebrae of the spine.

**managed care**

Any organized system that uses a variety of incentives to control and limit the delivery of healthcare services ; see HMO and PPO.

**management plan**

The development of specific strategies and actions that will bring about a desired treatment outcome.

**manipulation**

The therapeutic application of manual forces that move a joint quickly beyond its elastic barrier of resistance but not beyond its limit of anatomic integrity. See Glossary Figure 1 at *range of motion*.

**manual therapy**

Procedures by which the hands directly contact the body to treat the articulations and/or soft tissues.

**massage therapy**

A systematic, therapeutic friction, stroking, and kneading of the skin and underlying muscle and other soft tissues for the purpose of physical and psychological relaxation, improvement of circulation, relief of sore muscles, and other therapeutic effects.

**master's degree**

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

**mean**

The arithmetic average, obtained by adding up all the values and then dividing the resulting total by the number of values.

**Medicaid**

A state and federal program of health-care services reimbursement for the poor.

**Medicare**

A federal program that reimburses the costs of necessary healthcare services for the disabled and elderly.

**meta-analysis**

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

**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, especially cancer, from one body part to another.

**methodology**

The design of a scientific research study or the procedures utilized in the study.

**mobilization**

Therapeutic maneuvers that move joints up to but not beyond the elastic barrier of resistance. See Glossary Figure 1 at *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 healthcare disciplines in one facility or the utilization of several healthcare disciplines in the treatment of patients.

**myofascitis**

Inflammation of muscles and fascia.

**National Board of Chiropractic Examiners (NBCE)**

The organization that prepares and administers to qualified applicants standardized examinations whereby the legal agencies that govern the practice of chiropractic within each jurisdiction may accept, at their discretion, those individuals who have successfully completed any or several of the examinations. In addition, provides test and measurement services to the chiropractic profession.

**NBCE Practice Analysis Steering Committee**

The committee composed of representatives of the Board of Directors of the National Board of Chiropractic

Examiners, which has the responsibility of guiding the practice analysis project.

**nerve conduction studies**

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

**neuralgia**

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

**neurological exam**

Examination of the nervous system and its function.

**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, joints, muscles, and nerves of the body.

**non-musculoskeletal**

Not involving the muscles or the skeleton.

**nonsteroidal anti-inflammatory drugs (NSAIDs)**

A 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.

**nutritional counseling**

Used to promote healthier eating and/or to recommend specific dietary supplements.

**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.

**orthopedic/neurologic examination**

Examination of the structures involved in locomotion including joints, muscles, nerves, ligaments, and connective tissues.

**orthopedics**

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

**orthotic**

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 condition characterized by degeneration of the cartilage and hypertrophy of bone, generally accompanied by pain and stiffness; this is more common in older individuals and in joints previously exposed to trauma.

**osteomyelitis**

Inflammation of bone caused by infection.

**osteoporosis/osteomalacia**

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

**PACE**

Providers of Approved Continuing Education for Chiropractic; ensures that a uniform assessment process is followed for continuing education for re-licensure purposes.

**palliative**

Comforting or relieving, but not curative.

**Palmer, D.C., Daniel David**

The discoverer of chiropractic.

**palpation**

Examination through the use of the hand, especially the fingers, for the purpose of identifying and diagnosing health conditions.

**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.

**PART format**

The documentation method that incorporates a patient's Pain/tenderness, Asymmetry, Range of motion, and Tissue tone; required for Medicare reimbursement of chiropractic services.

**passive ranges of motion**

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

**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.

**patient-centered**

The inclusion of the patient's perspective about the overall treatment or care.

**peripheral neuritis**

Inflammation, pain, and tenderness of a peripheral nerve.

**personal injury**

An injury to the body, mind, or emotions caused by the negligence of another.

**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 identifying and diagnosing health conditions.

**physical modalities**

A device or application that delivers a physical agent to the body for therapeutic purposes.

**physical therapy**

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

**physiological therapeutics**

The application of a physical agent for therapeutic purposes.

**physiotherapeutic modalities**

See *physical modalities*.

**physiotherapy**

See *physical therapy*.

**pilot test**

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

**placebo**

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

**podiatrist**

A specialist who cares for the feet.

**PPO**

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

**practical examination**

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

**practice analysis**

See *job analysis*.

**Practice Analysis 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.

**practice-based research**

A scientific research method that obtains information and data from

actual clinical practices, rather than from an artificial laboratory environment.

**preceptorship**

Undergraduate and graduate programs in which a student chiropractor or a recent graduate is placed 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.

**primary care**

The level of care that encompasses routine care of individuals with common health problems and chronic conditions that can be managed on an outpatient basis.

**problem-focused case history**

An interview of a patient that is concerned primarily with the chief complaint and present illness; does not usually include a review of all the body systems or family health histories.

**professional functions**

The various work activities that practitioners may perform in their practices.

**prognosis**

A forecast as to the probable outcome of a health condition; the prospect of

recovery as indicated by the nature and symptoms of the case.

**progress notes**

The part of a medical record where healthcare professionals record details to document a patient's clinical status or achievements over the course of care.

**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.

**prospective study**

A study in which participants are followed forward through time to observe outcome.

**psychiatrist**

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

**psychologist**

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

**psychometrics**

The science and technology that focuses on the development of mental and physical assessments and the analysis of the outcomes of such measures.

**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.

**radicular**

Pertaining to the root, specifically the nerve root. Radicular symptoms include pain, abnormal sensations, or weakness that affect the region supplied by the spinal nerve.

**radiculitis or radiculopathy**

Inflammation, irritation, or injury of the root of a 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 scale**

A mechanism to obtain appraisals and/or opinions from survey respondents and to have these expressed on a common quantitative scale.

**rehabilitation procedures**

Active adjunctive care, primarily exercises designed to return a patient to all daily and sports activities following an injury.

**reliability**

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

**research protocols**

Procedures to be followed in a scientific research study.

**retrospective review**

A method of determining medical necessity for services that have already been rendered.

**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.

**Roland-Morris questionnaire**

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

**ROM**

See *range of motion*.

**sampling design**

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

**sciatica**

A syndrome characterized by pain radiating from the low back into the

buttock and the leg and most commonly caused by protrusion of a lumbar intervertebral disc; the term is also used to refer to pain anywhere along the course of the sciatic nerve.

**scoliosis**

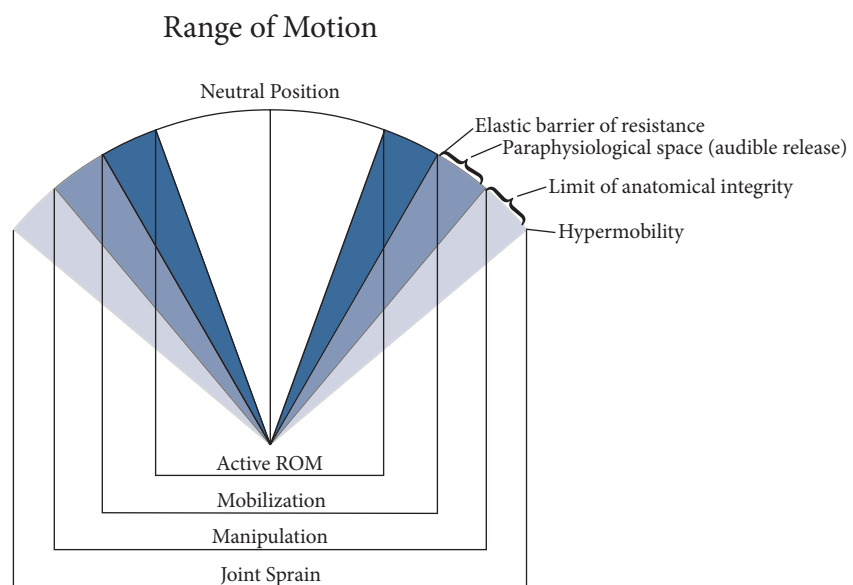
A lateral curvature of the spine.

**sham manipulation/sham treatment**

An adjustment or procedure that is known to have no beneficial effect for the condition under investigation and can be used as a placebo for the control group in a clinical trial.

**SOAP 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.



(Modified from Sandoz, 1976-1986)

**Glossary Figure 1** Range of Motion

**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 a specific field of study.

**spinal stenosis**

Abnormal narrowing of the internal diameter of the vertebral canal, nerve root canal, or intervertebral foramen; this may result in spinal cord or nerve root compression.

**sprain**

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

**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.

**strain**

An overuse or traumatic injury to a muscle in which some of the muscle fibers may be torn.

**stroke**

A vascular lesion of the brain that can result in the death of brain cells and 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.

**syndrome**

A set of symptoms that occur together; a symptom complex.

**taping/strapping**

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

**tendonitis/tendinosis/tenosynovitis**

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

**test reliability**

The degree to which test outcomes are consistent or repeatable from one administration to the next.

**test validity**

Evidence supporting the appropriateness of the use of test scores.

**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 rapid, controlled application of force used to effect an adjustment or manipulation.

**traction**

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

**TriCare**

A healthcare program of the United States Department of Defense Military Health System, formerly known as the Civilian Health and Medical Program of the Uniformed Services (CHAMPUS). TRICARE provides civilian health benefits for military personnel, military retirees, and their dependents, including some members of the Reserve Component.

**treatment effect**

The outcome of the management and care of a patient for the purpose of combating disease or disorder.

**trigger point therapy**

Treatment of an 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.

**ultrasound**

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

**ultraviolet therapy**

A therapeutic 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.

**VAD**

See *vertebral artery dissection*.

**VBA**

See *vertebrobasilar artery*.

**VBAI**

See *vertebrobasilar artery insufficiency*.

**vertebral artery dissection (VAD)**

The development of dissection (a flap-like tear) in the vertebral artery.

**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**

The sensation that either one's body or the environment is rotating.

**visual analogue scale (VAS)**

A visual scale on which patients self-report their 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.

**World Health Organization (WHO)**

The agency of the United Nations that coordinates international health activities and helps governments improve health services.

**x-ray**

See *radiograph*.

**zygapophyseal joint**

The joint between the superior articular process of one vertebra and the inferior articular process of the vertebra directly above it; also called a facet joint. The biomechanical function of each pair of joints is to guide and limit movement of the spinal motion segment.