Over the past 120 years, the chiropractic profession has evolved from a marginalized healing art to a complete, internationally recognized, healthcare profession, including increasing integration with biomedical programs in academic health centers. Catalyzing the maturation of the profession has been a diverse body of research, ranging from early clinical studies of safety and efficacy, to more basic studies exploring biomechanical and physiological processes underlying chiropractic manual techniques. Most recently, research has centered on the cost-effectiveness of chiropractic care and its role in performance and value-based care.

This talk will provide a brief contextual historical overview of the chiropractic profession from its inception to current evidenced-focused care models. The current evidence for the indications, techniques, safety and outcomes of common chiropractic care approaches will be discussed, as will gaps in current research that need to be pursued, to inform its further evolution and integration into our rapidly changing healthcare system.

Matthew Kowalski, DC is a 1990 graduate of the National University of Health Sciences and began his work in integrative care through a unique post-graduate multidisciplinary orthopedics program. He has been an instructor in the graduate and doctorate physical therapy programs at Northeastern University and Boston University, which helped to further bridge interdisciplinary relations. In 1993, Dr. Kowalski initiated the movement to include chiropractors in Massachusetts hospitals, which catalyzed a growing national trend. He recently left his private practice of 25 years to participate in clinical research and concentrate his clinical practice at Brigham and Women's Hospital's Osher Clinical Center. Dr. Kowalski has co-authored chapters on "The Lumbar Intervertebral Disc" and "Lumbar Spinal Stenosis" for Low Back Syndromes (Morris, ed.). His practice focuses on the evaluation and treatment of patients suffering with headaches, neck pain and back pain.
INTEGRATIVE MEDICINE RESEARCH SEMINAR
SPRING 2016 SERIES

Held monthly, Thursdays at 4:00-5:00pm
Shapiro Breakout Room*
Shapiro Building, 1st Floor, 70 Francis Street, BWH

March 3rd – Next Presentation:

“The Evolution of Chiropractic Research: From Mechanisms of Subluxation to Comparative Cost-Effectiveness”

Matthew H. Kowalski, DC, DABCO
Licensed Chiropractor, The Osher Clinical Center for Integrative Medicine, Brigham and Women’s Hospital

April “Date and Speaker TBD”

May 5 Helene M. Langevin, MD
Director, The Osher Center for Integrative Medicine, Brigham and Women’s Hospital, Harvard Medical School

June 9 Laura D. Kubzansky, PhD, MPH
Director, Society and Health Psychophysiology Laboratory, and Associate Professor, Harvard T.H. Chan School of Public Health

(*venue subject to change, please check venue location per seminar)