

# CHIROPRACTIC & HEALTH

## A Natural Connection

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### *Spinal Manipulation/Chiropractic Adjustment Improves Joint Motion, Relaxes Muscles, Reduces Pain, and Improves Function.*

Potter et al. (2005) Physiological Effects of Spinal Manipulation: A Review of Proposed Theories. Physical Therapy Review. 10: 163-170

#### QUOTE BOARD:

"Spinal manipulation is a commonly used treatment modality for the management of low back pain."

"Manipulative treatments have been recorded since Hippocrates in 400 BC, who wrote of their value in treating spinal misalignment. There are also some records of spinal manipulation treatments dating back to 2700–1500BC from China and Greece."

"Today, spinal manipulation is used by physiotherapists, chiropractors, osteopaths, and some medical practitioners [chiropractors are, by far, the world's most highly trained healthcare practitioners in segmental joint analysis and spinal manipulation]."

#### Key Concepts:

"This [spinal manipulation causing a "popping sound"] was associated with a 5–10° increase in the range of movement at the joint." "These results are consistent with the hypothesis that spinal manipulations cause a biomechanical separation of the facet joints [spinal joints] within hypomobile joints."

"Lehman and McGill were able to demonstrate small changes in range of movement following spinal manipulation and noted the biggest increases were seen in those subjects who had the greatest degree of pain."

"There is a considerable body of evidence that the paraspinal muscles operate submaximally in back pain patients, causing a decrease in endurance and decrease in strength." "Keller and Colloca assessed changes in trunk muscle strength subsequent to manipulation, using an activator device. They demonstrated a significant increase in post-treatment MVC [maximal voluntary contraction] as compared to a sham manipulation and no intervention group, providing some evidence that spinal manipulation may alter the neurophysiological control of the paraspinal muscles."

#### Key Take Home Points:

Spinal Manipulation/Chiropractic Adjustment is so effective because it addresses the underlying causes of pain and dysfunction – loss of segmental motion, inflammation, and neurological communication and coordination between the muscles and brain.

No other intervention can do this, and this is why no other intervention has EVER been shown to be as effective, cost-effective, or safe.

Address the cause with chiropractic adjustments/spinal manipulation! Get the joints moving and restore mobility, comfort, function, and quality of life!