

# CHIROPRACTIC & HEALTH

## A Natural Connection

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### *Study Shows Chiropractic Adjustment Restores Proper Sensory Neurological Input, Improves Sensori-Motor Integration in Brain Motor Cortex, and Improves Motor Control Output*

Daligadu, J, Haavik, H et al. (2013) Alterations in cortical and cerebellar motor processing in subclinical neck pain patients following spinal manipulation. *Journal of Manipulative and Physiological Therapeutics* 36(8):527-537

#### QUOTE BOARD:

"Cervical spinal manipulation [chiropractic adjustment] in a sub-clinical neck pain group leads to a pattern of cerebellar modulation more similar to a non-neck pain group."

"These findings suggest that normalizing afferent [neurological] input from the neck may have restored a more correct internal body schema that allowed correct sensori-motor integration and normalized motor output."

#### Key Concepts:

When you lose proper segmental motion in your spinal joints your brain loses the proper neurological input from these joints that it requires for body awareness and to properly control motor output.

What this means is that when you have segmental joint dysfunction or vertebral subluxation complex, you have reduced motor control and are more susceptible to falls, accidents, and injuries.

Other studies by this same group of researchers have shown improvements in limb position sense and even muscle strength after chiropractic adjustment.

#### Key Take Home Points:

If you don't have proper segmental motion your spine is not only degenerating, becoming inflamed, and more susceptible to arthritis, you are also less coordinated and have greater chance of falls, accidents, and injuries.

The subjects in this study did not have neck pain at the time of the study, they just had asymptomatic segmental dysfunction or vertebral subluxation that was only found upon chiropractic exam and only corrected with chiropractic adjustment.



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