

CHIROPRACTIC & HEALTH

A Natural Connection

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© Dr. James L. Chestnut M.Sc, D.C., C.C.W.P.

Chiropractic Adjustments Resolve Pain by Restoring Biomechanical and Neurophysiological Function

Bialosky et al. (2009) The Mechanisms of Manual Therapy in the Treatment of Musculoskeletal Pain: A Comprehensive Model. *Manual Therapy* 14(5):531-538.

QUOTE BOARD:

“Specifically, this model suggests that a mechanical force from MT [manual therapy] initiates a cascade of neurophysiological responses from the peripheral and central nervous system which are then responsible for the clinical outcomes.”

“MT likely works through biomechanical and/or neurophysiological mechanisms.”

“Available evidence suggests manual therapy (MT) as effective in the treatment of musculoskeletal disorders including low back pain, carpal tunnel syndrome, knee osteoarthritis, and hip osteoarthritis.”

“Despite the literature supporting the effectiveness of MT in specific musculoskeletal conditions, health care practitioners at times provide or refer for MT at a lower than expected rate.”

Key Concepts:

Chiropractic adjustment/manipulation therapy for the spine and extremity joints (shoulder, elbow, wrist, hip, knee, ankle) is highly effective because restoring joint motion initiates tissue repair and inflammation resolution, restores neurophysiological function, and restores the ability to comfortably perform activities of daily living.

Pain, stiffness, lack of balance and coordination, and reduced ability to perform activities of daily living is neither normal, nor due to random chance. These issues are caused primarily from segmental joint dysfunction caused by chronic restricted motion and inflammation which lead to chronic changes in joints, tendons, ligaments, muscles, nerves, and associated brain areas.

Without proper segmental motion none of these things will ever be resolved and proper function will never be restored.

Key Take Home Points:

Chiropractic adjustments/manipulations restore motion and or alignment, restore healthy nerve flow (and blood flow), restore proper muscle recruitment and coordinated movement, resolve pain, and restore the ability to comfortably perform activities of daily living.

Chiropractic is not magic, it is science. The results may seem magical, especially after suffering for a long time and/or receiving care that simply has no chance of restoring segmental motion, neurophysiological function, and quality of life.

It is actually very simple. Segmental motion is the foundation of neuromusculoskeletal health, neuromusculoskeletal health is the foundation of overall health and quality of life, and chiropractors are the world’s leading experts in finding and correcting restricted segmental motion.

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