

CHIROPRACTIC & HEALTH

A Natural Connection

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Chiropractic Adjustments Stimulate Neurological Reflexes that Relax Muscles

Herzog et al. (1999) Electromyographic Responses of Back and Limb Muscles Associated With Spinal Manipulative Therapy. *SPINE* 24 (2); 146-153.

QUOTE BOARD:

“All treatments are standard in chiropractic care and are in common use; they are classified as high-speed, low amplitude [thrust] treatments.”

“Although electromyographic activities have been measured during SMTs [chiropractic spinal manipulations], the following questions have never been addressed systematically: Is the electromyographic response a local phenomenon restricted to the treatment area? Is there a systematic repeatable electromyographic pattern across patients for a given SMT? Are there electromyographic responses in the upper and lower limbs after SMT?”

“In this study, we have answered these questions. In contrast to manipulations applied with an activator instrument, the manual procedures listed here provided a repeatable and largely systematic electromyographic response for a given procedure that extended beyond the immediate treatment area of force application in all treatments.”

Key Concepts:

Chiropractic adjustments elicit consistent, specific, and far-reaching changes in muscle activity that result in decreased muscle hypertonicity (tightness/spasm/stiffness/soreness) and a relief of pain.

“We have made observations in symptomatic patients who had local muscular hypertonicities that were largely abolished immediately after the SMT-induced electromyographic response therefore supporting the idea that SMTs reduce hyperactivation of muscles in the areas of back pain.”

Key Take Home Points:

Chiropractic adjustments address the underlying cause of muscle pain and stiffness by using highly controlled, highly consistent rapid thrusts to specific segments in order to stimulate the nerves that control muscle reflexes and relax the muscles.

The reason chiropractic is the most effective option for neuromusculoskeletal health issues, for restoring and maintaining functional ability to perform activities of daily living, and for restoring and maintaining quality of life, is because chiropractic adjustment is the ONLY intervention proven to address the underlying cause and restore proper health and function.

The only scientific, logical approach to address tooth pain is to address the underlying cavity or dysfunction in the tooth.

The only scientific, logical approach to address joint and muscle pain is to address the underlying neuromusculoskeletal “cavities” or segmental dysfunction in the nerves, muscles, and joints.

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