

# CHIROPRACTIC & HEALTH: A Natural Connection

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## Lack of Spinal Joint Motion a Primary Cause of Spinal Pain, Spinal Degeneration, Neuromuscular Dysfunction, and Reduced Functional Ability and Quality of Life

### KEY FINDINGS

“It is reasonable to think that patients responding to spinal manipulation (SM), a mechanically based therapy, would have mechanical derangement of the spine as a critical causal component in the mechanism of their condition. Consequently, SM practitioners [chiropractors] routinely assess intervertebral motion, and treat patients on the basis of those assessments.”

“Patients reporting headache, neck, back, or limb pain often have demonstrable altered spine mobility and, intervertebral hypomobility has been identified as a key prognostic factor in studies developing clinical prediction rules for neck pain, headache, and low back pain.”

“And, in a study of 607 women working as homecare personnel, it was reported that a combination of positive pain provocation tests and reduced lumbar mobility was associated with particularly high disability levels.”

“Finally, in 30 human spine specimens, investigators examined the effect of degenerative changes in lumbar discs on intervertebral mobility. They reported that degenerative spine changes are associated with intersegmental hypomobility, even when the individuals have no history of low back pain complaints.”

### CLINICAL IMPORTANCE

#### Key Concepts:

Segmental joint motion is key to the health of each spinal or skeletal joint, the muscles associated with that joint, the functional abilities associated with that joint and associated muscles, and the quality of life that depends on those functional abilities.

Joints that lose proper motion, restricted or hypomobile joints, develop scar tissue and degenerate, they become inflamed and tender, and so do the muscles associated with those joints. As a result, pain and stiffness are experienced as is a lack of muscle coordination, strength, and stamina all of which combine to reduce the ability to perform daily activities of living. A significant reduction in the quality of life is the inevitable result over time.

#### Take-Home Points

Chiropractors are the only healthcare professionals whose education and training focuses on the detection and correction of restricted or hypomobile joints and thus chiropractors are, by far, the most highly trained, most expert, and most qualified healthcare practitioners to restore and maintain spinal health, to restore comfort and mobility, and to restore functional ability and quality of life.

You don't need to believe in chiropractic to benefit, you just need to understand the science in order to understand why chiropractic is the most evidence-based, most effective, and most cost-effective option.

**Henderson, Charles N.R. (2012) The Basis for Spinal Manipulation: Chiropractic Perspective of Indications and Theory. Journal of Electromyography and Kinesiology 22(5):632-42**