



The Many Models of the Chiropractic Subluxation

This introductory class touches on many different exciting topics about the chiropractic subluxation. To set the scene, you will learn a bit about what science and research is and does, as well as being introduced to the exciting topic of neuroscience, otherwise known as brain science.

It also looks at what evidence we have for one of the old theories about the chiropractic subluxation (the squashed nerve theory) and covers how the latest science can easily be communicated with the public. The new science is showing us that the subluxation is almost as DD Palmer originally described it, just with a subtle new twist.

BASIC SCIENCE LEVEL 1 CLASS 1



LEARNING OUTCOMES

After taking this class the student will be able to:

1. Summarise the evidence regarding the MOPI model of the chiropractic subluxation.

LESSON CONTENT

Every lesson has a practice quiz. At the end of the lessons there is a final quiz and if you pass the final quiz, you will receive a certificate of completion.

1. Introduction to Chiropractic

- An introduction to the basic science of chiropractic course.
- Research from the New Zealand College of Chiropractic.
- You will also be introduced to patient-focussed, evidence-informed chiropractic care, and will get to learn how to talk about chiropractic care to the public in an easy-to-understand language.

2. Science 101

- The amazing world of science and research.
- The two key components of science are that it follows the scientific method and is open to the scrutiny of peer review.
- It is a great tool to help us all understand the world, including why the spine is so important. You will be introduced to the importance of high-quality research, and we take a look at the evidence informed practice model.

3. Basic Science versus Clinical Science

- It's important you know the difference between basic science and clinical science.
- Scientists are really building puzzles, one puzzle piece at a time, and together they build a picture about what is happening inside us and around us.
- Learn that basic science teaches us about what things are and how things work, whereas clinical sciences are all about improving health outcomes.

4. The MOPI Model of subluxation

- Classic, old-fashioned takes about what a subluxation is.
- We now know that there is very little (if any) evidence that people's nerve roots get squashed unless you have frank nerve root lesion symptoms like radiating pain down an arm or leg.
- Most subluxations are highly unlikely to have a squashed nerve root component.

5. The Brain and CNS

- Introduction to the world of neuroscience.
- So much has changed over the years in this field, and it is important you keep up with the latest evidence.
- The brain integrates sensory information from many different types of sensors within your body to form an opinion about what is happening inside you and in the world around you. This process is known as multimodal integration.

6. The Brain's Plasticity

- The brain is forever changing and adapting because of the ever-changing environment.
- This adaptation is called neural plasticity, or neural adaptations. These small changes can be a good thing for you, or they can be the reason why you develop uncomfortable symptoms, in which case we call this maladaptive plasticity.
- It's a fascinating process you will learn a lot more about in later classes.

7. The Neuroplasticity Model of subluxation

- This final lesson is all about the latest contemporary understanding about the subluxation.
- The scientific research done to date does not support the 'bone out of place, squashing a nerve' model.
- The scientific evidence supports a brain model of the subluxation, a neuroplasticity model of the subluxation and the mechanisms of the chiropractic adjustment.

SUBJECT TAGS

MOPI model; vertebral subluxation; chiropractic subluxation; patient focussed evidence informed practice; Science; Basic Science; Clinical science; brain; CNS; central nervous system; plasticity; neural plasticity; bio plasticity; maladaptive plasticity; adaptive plasticity; sensorimotor integration;

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