



Spinal function affects brain function

This class covers the overall function of the brain and the spine and how spinal function can impact brain function. We will discuss spinal dysfunction and the mechanisms of how this affects the brain.

We will also cover chiropractic research that demonstrates how spinal function and adjustments can affect the brain in various ways. It is important to understand the affect that spinal function has on the brain.

BASIC SCIENCE LEVEL 1

CLASS 7



LEARNING OUTCOMES

After taking this class the student will be able to:

1. Summarise the relationship between the brain and spine.
2. Summarise the research regarding chiropractic care and the impact on brain and spinal function.

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. The role of the brain, spine and central nervous system

- This lesson will discuss the role of the brain, spine, and central nervous system.
- I will talk about how they work together and the importance of these important relationships and connections.

2. Understanding mild spinal dysfunction

- This lesson will talk about mild spinal dysfunction.
- I will cover what this is and how it affects the brain.
- This is important information to understand and highlights that symptoms and severe spinal problems are not the only issues that can disrupt brain function.

3. Neuromotor control

- In this lesson I will go through basic concepts of how the brain controls and activate muscles.
- This information gives important foundational concepts for other lessons in this course and other courses.
- It will highlight how important optimal nervous system function is for our everyday lives.

4. Improve muscle activation

- This lesson will go through some important research studies that have investigated the effects of chiropractic care on muscle activation.
- I will discuss what can happen if the brain cannot control the muscles optimally and how this affects our function.

5. Subclinical pain

- In this lesson, I will discuss the concept of subclinical pain and why this is important to understand when it comes to the affect that spinal function has on the brain.
- I will also discuss some key research studies that have investigated the effects of mild spinal dysfunction and subclinical pain on brain function.

6. Reaction times

- In this lesson I will discuss reaction times, what they are and why they are important.
- I will also cover the role of the spine and brain on reaction times.

7. The effects of chiropractic care on reaction times

- This lesson will cover the effects of chiropractic care on reaction times.
- I will discuss some research studies that have investigated this and the results that have been found.

SUBJECT TAGS

spinal function, spinal dysfunction, brain, central nervous system, brain function, muscle activation, reaction times

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