

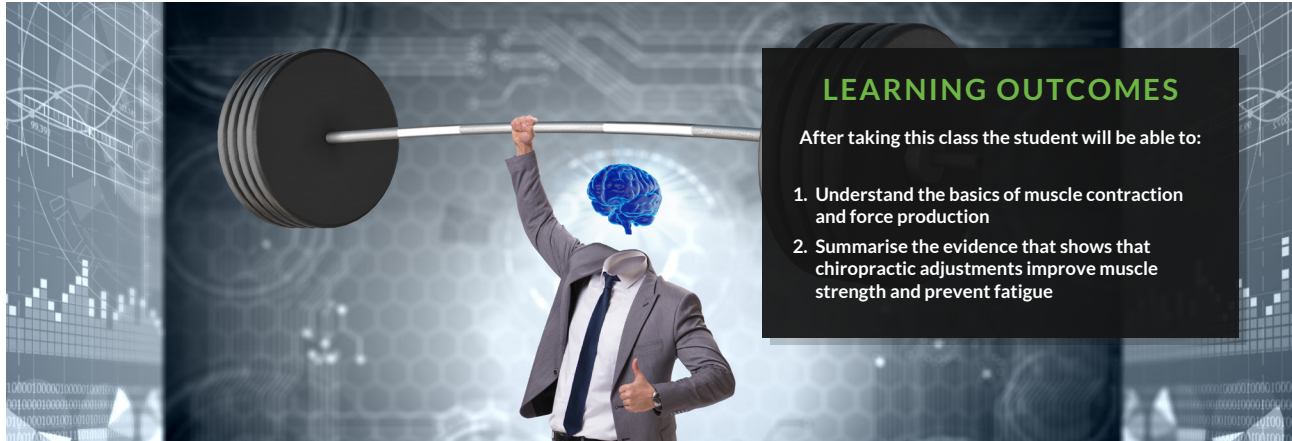


Adjustments Improve strength

This class will give you an in depth understanding of some of the effects that chiropractic care can have on the human body. Completing this class will keep you up to date with the latest scientific evidence and give you the tools to be able to explain to practice members and potential practice members some of the incredible effects of chiropractic adjustments.

This lesson will explain how chiropractic can affect the brain and nervous system. This class covers the effects of chiropractic care on muscle strength. It will discuss the basics of muscle contraction and how the brain controls muscle force. It will also go into research studies that demonstrate improvements in muscle strength after chiropractic care.

BASIC SCIENCE LEVEL 1 - CLASS 8



LEARNING OUTCOMES

After taking this class the student will be able to:

1. Understand the basics of muscle contraction and force production
2. Summarise the evidence that shows that chiropractic adjustments improve muscle strength and prevent fatigue

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.

ANIMATIONS (from ChiroHub.com)

1. [Strength and Fatigue](#)
2. [Chiropractic and the Jaw](#)
3. [Chiropractic Care and Strokes](#)
4. [Handbrake in your Brain](#)

1. Introduction to muscle contraction

- In this lesson you will learn the basics of what a muscle is made up of and how a muscle contraction occurs.
- This will give you a foundational understanding of some of the concepts we will learn throughout the class.
- It will also give you a greater understanding of why the nervous system is so important for the function of our body.

2. Strength and Fatigue

- This lesson will keep you up to date with scientific evidence about the effects of chiropractic care on muscle strength.
- Research studies that have demonstrated improvements in muscle strength following chiropractic adjustments will be discussed.
- These research studies look at results in students and in athletes. We will also cover some findings about reduced fatigue, a different aspect of muscle strength.

3. How does the brain control muscle force or strength

- This lesson will go into the actions of the brain and give you an understanding of how influential this organ is to the function of our body.
- In this lesson we will discuss the role of the brain in the production of muscle force or strength so that you can better educate your practice members.

4. Take your foot off the brake

- In this lesson we go into the concept of muscle strength and another way that the brain can influence how our muscles work.
- This lesson will discuss a concept called central inhibition, that is how the brain can put the brakes on muscle activation.
- This will also cover research that has investigated the effects of chiropractic care on central inhibition and keep you up to date with the latest scientific evidence.

5. Jaw strength

- In this lesson we will go through a little known area of potential improvements following chiropractic care.
- This will cover the research on the effects of chiropractic adjustments on jaw strength in healthy adults.
- It will discuss how the head, neck and jaw are related biomechanically and neurologically.

6. Introduction to Stroke

- Strokes are one of the leading causes of death and disability in the world and it is likely that you would come across someone who has had one or a loved one that has had one.
- This lesson will help you to understand this condition better and how it may relate to chiropractic care. This lesson covers what a stroke is and how it can impact a person's life.

7. Chiropractic care and stroke

- In this lesson we discuss research on the effects of chiropractic care on muscle strength and brain function after a stroke.
- This research is important as previously chiropractic care and strokes have had a negative association.
- With understanding that brain function is altered after a stroke and that chiropractic care can improve brain function, we can change that negative association.

8. Take home messages-summary

- This lesson will cover the important messages that we would like you to get out of everything we have covered in this whole class.
- I will summarise and explain these key points, one by one.
- This will give you the tools to be able to effectively communicate with people about what we know regarding chiropractic care and improving muscle strength.

CREATED BY:



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