



# Chiropractic and pain

Pain is a common reason for people to seek chiropractic care. This class will cover different ways in which pain can affect the body, and how chiropractic care can improve pain and the function of the body.

The class will highlight the latest scientific evidence that demonstrates how chiropractic care can influence brain function. It will also help you to effectively communicate to practice members about the benefits of chiropractic care. This will ensure that the public know that chiropractic has a far greater benefit than just pain relief.

## BASIC SCIENCE LEVEL 1 - CLASS 11



### LEARNING OUTCOMES

After taking this class the student will be able to:

1. Understand how pain can affect different functions in the body.
2. Summarize the evidence regarding chiropractic care and pain.

## 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. [Neck Pain and Falls Risk](#)
2. [Pain and the Immune System](#)
3. [Break the Pain Cycle](#)

### 1. The neck: the functional link between the head and body

- The function of the neck or cervical spine and its important role in controlling balance and posture.
- The communication between the neck, brain, body, ears and eyes and how they all work together to make sure we don't fall over, can see when we move and don't feel sick all of the time.
- The role chiropractic care has in improving neck function will also be discussed.

### 2. Neck pain

- This lesson keeps you up to date with the latest scientific evidence about the affects of neck pain on sensorimotor function.
- A research study in older adults that showed the impact of neck pain on tests of sensorimotor function and how this could lead to falls risk.
- We will also discuss the improvements seen in these older adults following chiropractic adjustments.

### 3. The neuro-immune system link

- In this lesson I will briefly discuss how the immune system works.
- I will then go into more detail about the important link between the nervous system and the immune system.
- This is great foundational information to understand so that you can effectively communicate to people how important good nervous system function is and that it can even impact your immune function.

### 4. Pain and the immune system

- 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. Break the pain cycle

- In this lesson we will discuss the very important sensory system in the human body and how this relates to the sensation and creation of the feeling of pain.
- An understanding of this is key to being able to explain the fundamentals of pain and how the brain is involved in creating pain.

### 6. Break the pain cycle - key messages

- This lesson will take the information you have learned from the research discussed in Lesson 7 regarding jaw strength and will cover the important key messages from this.
- This will give you the tools needed to be able to effectively communicate the findings of this research to practice members and anyone that you are talking to about chiropractic care.

### 6. Summary of all take home messages for this class

- A summary of all the key messages from this entire class.
- How pain is created in the brain and the importance of the neck's role in posture, balance and accurate movement.
- How chiropractic impacts sensorimotor function, the neuro-immune connection and the role of pain.
- Key messages around how chiropractic care can break the pain cycle.

## SUBJECT TAGS

Pain, pain perception, neural plasticity, brain function, neck pain, immune system

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