chirosacademy

CLINICAL SCIENCE LEVEL 1

6 – Benefits of Chiropractic Care

Content

- Why is good posture important
- Posture
- Finding the right technique for you
- Chiropractic techniques
- Neuromotor control
- Chiropractic and golf
- Cost-effectiveness of chiropractic care

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Good posture is important for:

- Breathing
- Reducing stress on joints and muscles
- Mood

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- Poor posture can lead to stress and strain on our joints, ligaments, and muscles.

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- The spine and nervous system play a key role in postural control.
- Messages are sent to the brain from the spine about the movement and position of the body.
- The brain can then send messages to the postural muscles of the body to keep us upright and balanced.

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Key messages

Bad posture is linked to neck pain, headaches, and breathing problems.

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Key messages

A study looked at the effects of posture on a person's ability to deal with a stressful reading task and found that good posture improved the participants ability to deal with the stress compared to poor posture.

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Key messages

Forward head posture is particularly bad and puts strain on the muscles and ligaments of the neck.

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Key messages

Neck pain in teenagers is becoming increasingly common. This is called ‘text-neck’ because the overuse of phones and tablets are significantly contributing to poor posture.

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Key messages

Text-neck can lead to spinal problems, and young people who develop spinal problems end up with spinal problems as adults.

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- There are many different chiropractic techniques, and it is important to find the right one that fits you.

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- Manual adjustments are done by hand, using fast and gentle movements.

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- Chiropractors go through significant training and can adjust the technique to suit the patients needs.
- Regardless of technique, the main focus is to restore proper movement and function of the spine and ensure optimal brain-body communication.

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Key messages

A chiropractor's main focus is to improve spinal function with the goal of improving overall body function.

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Key messages

Some chiropractors may only adjust the upper part of your neck, and some may adjust many different joints of your body including shoulders, ankles, feet, and wrists.

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Key messages

Adjustments may be done by hand, using an instrument such as an activator, or using special tables that drop slightly to assist the adjustment.

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Key messages

Adjusting with an activator triggers the same neural tissues as adjusting by hand and is even faster and gentler, but a research study suggested that if you are in acute pain then having adjustments by hand may help you feel better faster.

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Key messages

Some chiropractors also recommend exercises, stretches, or have special knowledge in nutrition or homeopathy to support the body.

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Chiropractic for Sport performance:

- Muscle strength.
- Accurate, precise movements.
- Fast reaction times and reflexes.

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- Neuromuscular control

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- For accurate and precise movement, the brain needs clear and accurate sensory information coming from the spine and the body.

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Key messages

Three quarters of all professional golfers receive regular chiropractic care to play at their peak potential.

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Key messages

Chiropractors may help professional golfers to overcome injuries.

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Key messages

A research study from Brazil compared the effects of chiropractic care to a stretching programme on the performance of golf players. The group that received chiropractic care could hit the golf ball 8m further than the group that only received stretches.

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Key messages

Research has found that for back and neck pain, chiropractic is superior to other choices when it comes to cost.

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Key messages

A study in the 1990's found that people who saw a chiropractor for low back pain had 75% less cost to their insurance providers than those that saw their medical doctors.

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Key messages

A more recent large study looked at insurance claims for neck and back pain over a nine-year period. They found that by the end of this nine-year period other choices were 2 to 5 times more expensive than chiropractic care.

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Key messages

In this large nine-year study, they even found that chiropractic was more cost-effective than just simple advice because ultimately people were able to take less time off work and have fewer long-term problems.

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Take-Home Messages

- Good posture is important for breathing, reducing stress and strain on muscles and joints, and even improves your mood. The spine and nervous system play a key role in postural control.

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Take-Home Messages

Poor posture has been linked to neck pain and headaches. Text-neck is an increasing problem, particularly in our younger population, and can lead to spinal dysfunction and lifelong problems.

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Take-Home Messages

Chiropractic is not a cookbook approach, there is not one technique that suits everybody. Fortunately, chiropractors are well trained in several techniques and can adapt to suit an individuals needs.

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Take-Home Messages

Some common chiropractic techniques are manual adjustments, which are fast, gentle adjustments done by hand; instrument assisted, which use handheld devices to deliver a fast and specific thrust into the necessary area; and table assisted, which use specialized tables that drop slightly to assist the adjustment.

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Take-Home Messages

- Chiropractic care can enhance sports performance by ensuring clear and accurate sensory messages are being sent from the spine to the brain. This allows for accurate, precise movements.

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Take-Home Messages

- Research has shown that chiropractic care is more cost-effective than other treatment options for back and neck pain.

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Thank You

DR. HEIDI HAAVIK

ENLIGHTENING THE WORLD ABOUT THE SCIENCE OF CHIROPRACTIC

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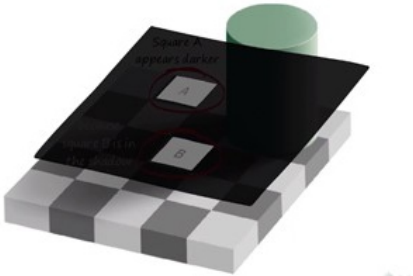
Introduction to Chiropractic Care

The introduction to chiropractic video series is the perfect way to gain an understanding of why chiropractic care may help you and your family.

The Beginners Guide to Chiropractic

In this first introductory video we explore what chiropractic is all about, and how it works, then we briefly explore the evidence informed effects of chiropractic care.

View video ›



How the Brain Perceives the World

Did you know that your brain and central nervous system are constantly changing? It's quite amazing – from one day to the next your brain is not the same.

View video ›

The Beginners Guide to Chiropractic

The Beginners Guide to Chiropractic

The word chiropractic derives from the Greek words "cheir", meaning hand, and "practikos" meaning skilled in or concerned with. The origin of the word chiropractic can be traced back to D.D. Palmer who coined it in 1895 when he founded chiropractic.

Chiropractic care is really about total health and wellbeing

What does a Chiropractor do?

A chiropractor is a healthcare professional who specializes in the health and function of the spine and nervous system. Because of this focus on the spine, many people think chiropractors can only help with problems such as back pain, neck pain and headaches. They can often help with these issues but there is much more to chiropractic than just pain.

This is the first video in our animated series "Introduction to Chiropractic". In this video, we outline what a chiropractor does, then we briefly explore the effects of care. It is a perfect one to watch for anyone that is curious about chiropractic care, and how it can help their family.

Video References

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The Beginners Guide to Chiropractic

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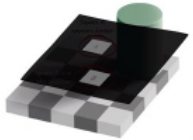


How the Brain Perceives the World

Did you know that your brain and central nervous system are constantly changing? It's quite amazing – from one day to the next your brain is not the same.

View video ›

Break the Pain Cycle

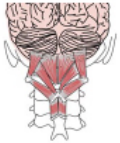
Did you know that pain is created in your brain to let you know that something is not ok within your body? Feeling pain is good because it is actually helpful and informative.

View video ›

Chiropractic Care and Migraines

Did you know that 1 in 6 people in the world experience migraines regularly? The World Health Organisation consider them to be the most debilitating of all neurological disorders.

View video ›



Chiropractic Affects your Brain

Your brain receives information about your body from the environment and your organs. Did you know that the muscles in your body are also sensory organs?

View video ›

What is that Pop?

If you have been adjusted before by a chiropractor you may have noticed a strange popping sound. Don't worry – it is just the formation of gas within a joint.

View video ›

Lower Back Pain

Scientists have worked out that at any one time, over 500,000,000 people around the world are suffering from low back pain and it is now the leading cause of disability worldwide.

View video ›

Growing Pains

We've all heard of growing pains right? But did you know that what we call growing pains aren't associated with growing? So they're not actually growing pains at all.

View video ›

Pain and the Immune System

Research studies have shown that the way you feel pain all depends on what's going on for you – and most importantly – what you think and feel about the situation.

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Chiropractic and Headaches

Headaches are a sign that something is not right. Your brain will create for you the sensation of pain if it thinks there is something wrong or if there is a potential problem.

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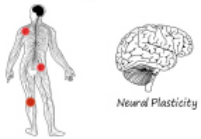

Pain is Created in Your Brain

Did you know that the scientists now know that the feeling of pain is something your brain decides that you should experience – if it believes that there is a problem?

View video ›

Chronic Pain

Chronic pain is the second-most common reason people see a doctor and miss work. More than one-third of people with chronic pain become disabled by their pain to some degree.

View video ›

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Chiropractic Research

Research summary articles to read, download and print (members only) all backed by the latest scientific research studies.

Chronic Pain

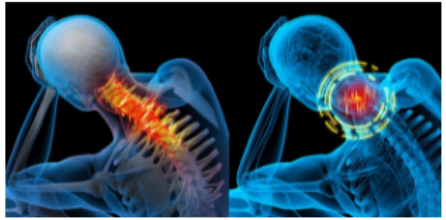
Chronic pain that has persisted for more than 3 months is no longer protective, nor informative. So, what is chronic pain and what can you do about it?

Read more »

Pain is in the Brain

Sometimes pain persists long after tissue damage has actually healed. When pain persists for more than three months we call this chronic pain.

Read more »



Neck Pain

Up to half the world's population suffers from neck pain at some stage. For some, one big problem is that it just keeps coming back, or becomes chronic.

Read more »

UNDERSTANDING PAIN

Dr. Kelly Holt
BSc, BSc(Chiro), PGDipHSc, PhD

Dr. Heidi Haavik
BSc(Physiol), BSc(Chiro) PhD

Experiencing pain is normal. Everyone experiences pain now and then.[1] Pain is supposed to be protective to make you stop doing things that may be dangerous.[2] But chronic pain that has persisted for more than 3 m hs is no longer protective, nor ive.[3] So, what is chronic pain and ut it if you suffer from it?

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PAIN IS CREATED IN THE BRAIN

Dr. Kelly Holt
BSc, BSc(Chiro), PGDipHSc, PhD

Dr. Heidi Haavik
BSc(Physiol), BSc(Chiro) PhD

Did you know that scientists now know the feeling of pain is something your brain decides you should experience if it believes there is some tissue damage in your body?[1] In fact, your brain can decide that you should feel pain even if it only thinks there is a potential threat of tissue damage!!![2-5]

It may seem strange, but it's totally up to your brain to decide whether you should feel pain or not. Your brain may decide you should experience pain even if you have no actual tissue damage yet,[6] or your brain may not create the feeling of pain for you when tissue damage has actually occurred![7 8]

heals the problem.[1] This pain is helpful and informative.[1] If we listen to our body these pain experiences can be a good thing.

But for some people, pain can persist even after the initial injury that caused it healed.[9 11 12] And for some people, the pain areas that are not injured at become non-

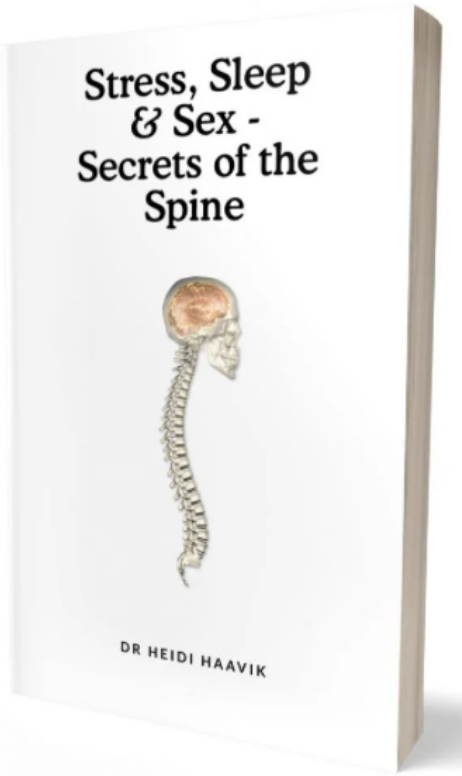
NECK PAIN AND FALLS RISK

Dr. Kelly Holt
BSc, BSc(Chiro), PGDipHSc, PhD

Dr. Heidi Haavik
BSc(Physiol), BSc(Chiro) PhD

Neck pain is very common throughout the world.[1] Up to half of all people around the world suffer from neck pain at some stage each year.[2-5] For some people, one big problem with neck pain is that it just keeps coming back, or becomes chronic, and may even increase their risk of suffering from a fall.[2 4 6 7]

Scientists know that your brain uses sensory information from your muscles and joints around your spine to help control your balance and posture and to make sure you're moving properly.[1,2] When your brain takes sensory information and uses it to help guide movements and control muscles we call this sensorimotor function.[8] One particular study looked at whether neck pain has an impact on proper sensorimotor function in older people.[7] In this study, the researchers ran a whole lot of tests of sensorimotor function, like how well the study participants controlled the movement of their eyes and how good their balance was, and they took into account their age and other conditions that they suffered from.[7]



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