

EVER WONDER...

WHAT HAPPENS AFTER A CHIROPRACTIC ADJUSTMENT?

What exactly happens to your nervous system when a chiropractic spinal adjustment is performed? It is first important to understand the nervous system's role within the body. The nervous system acts as a wiring system with thousands of nerves that run throughout our bodies and transmit chemical and electrical impulses to tell the body how to function. When the nervous system works at its optimal level, we are able to function at a near perfect state called "health."



Nerves communicate from the brain through the spinal cord and nervous system. Pressure on the nervous system can cause interference with the transmitted signal. This can cause severe pain, stress, and other symptoms. The central nervous system (the brain and spinal cord) is connected to the rest of the nerves in our body which controls the way we move and function. The more efficient our nervous system, the less pain, fatigue, sleep disturbance, and stress we feel.

WHAT HAPPENS DURING A CHIROPRACTIC ADJUSTMENT?

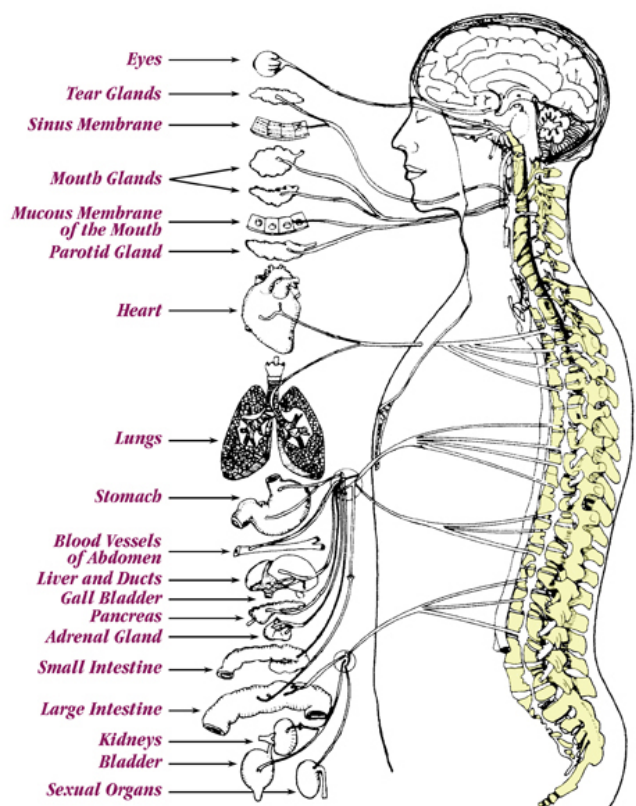
- Muscle stretch stimulates a group of cells called "mechanoreceptors" to block pain.
- White blood cells and TN Factor decrease inflammation
- Endorphins are released which are your body's natural painkillers.
- Allows proper function of the nervous system which ultimately effects the health and wellness of the entire body.
- Greater range of motion of your spine.

Stress on our nervous system may prevent it from operating at its best. Symptoms from disturbances in your nervous system can include headaches, fatigue, sharp pain, changes to your posture, which in turn, can result in early degenerative changes called arthritis. This is why spinal alignment is so critical.

When your spine is adjusted on a regular basis, your nervous system is at a greater advantage to function properly. This means an increased ability for your body to heal itself, including musculoskeletal as well as internally. There have been some reports that your immune system functions at a higher capacity when your spine is free of fixations. Because your spine houses the spinal cord, and everything in your body is controlled by its influence, there are many aspects of your health that can be improved by regular chiropractic adjustments.

On a cellular level, following an adjustment, a variety of things happen . . . white blood cells are signalled to the area to decrease inflammation. A molecule called TN factor is also stimulated which has a powerful effect on inflammation and healing. Endorphins are also released which is your body's own natural painkiller. The perception of pain is also diminished by stimulating a group of cells called mechanoreceptors in your spinal muscles. Without going into any further detail, there are many benefits to your health overall with regular chiropractic adjustments.

Regular adjustments train the bones of your spine to maintain proper alignment and movement. After an adjustment you may experience immediate relief or a decrease in pain. The spinal column is aligned and frees the nerves from impingement. Your brain sends and receives all instructions to the body via the spinal cord; the nerves that exit your spine then go to every muscle, organ, gland, and cell in the body. Proper spine alignment can make all the difference by allowing you to break free from your own prison of stress, headaches, and fatigue, allowing your body to experience a level of health that perhaps you have never experienced before.



Autonomic Nervous System

HERE ARE A FEW TYPES OF CARE SO YOU CAN DECIDE WHICH IS RIGHT FOR YOU:

- **Relief Care:** In this case, the patient simply wants relief from the pain they are experiencing and would like to be released when they are feeling better. Those that desire a quick, yet often temporary fix choose this type of care.
- **Corrective Care:** Most patients have structural and functional problems with their spine that cause the pain. Corrective care patients choose not only to get out of pain but correct the cause by permanently changing their posture through modern therapeutic methods.
- **Performance Care:** These patients want to improve their golf game, run faster, jump higher, or improve their athletic abilities in some way. Sport specific analysis and rehabilitation will be used to achieve their goal.
- **Wellness Care:** Although not well understood by the scientific community, many patients report that Chiropractic care improves their entire well-being (mind, body, emotions and spirit so to speak) and they feel revitalized after treatment.
- **Maintenance Care:** Routine checkups are good for your teeth but even better for your spine. Whichever type of care the patient chooses, they will be encouraged to come in occasionally to maintain the progress that they have made and prevent many future flare ups.