

# Why get adjusted?

## Why adjustments are good for you!

The following ten statements explain why getting a spinal adjustment by a Chiropractor can help you to get and stay well for the rest of your life. Each statement is supported by some great peer reviewed articles which backs up the benefits of regular chiropractic care.



### 1. It's good for your nervous system

This is the system that controls and regulates every single function in your body.  
*Haldeman, S. Neurological Effects of the Adjustment. JMPT 2000; 23*

### 2. It's good for your posture

The author of the supporting paper also suggests that you may need more than one or two adjustments if you want to train yourself out of poor postural habits.  
*Troyanovich et al. Structural rehabilitation of the spine and posture: rational for treatment beyond resolution of symptoms. JMPT 1998.*

### 3. It's good for your brain function

There is evidence to suggest that getting adjusted may help improve vision, reading ability, memory, alertness, energy...  
*Terret, A.G. Cerebral dysfunction: a theory to explain some of the effects of Chiropractic manipulation. Chiropractic Technique 1993; 5*

### 4. It keeps your joints young and well lubricated

An adjustment can help restore normal joint movement and mechanics and help remove joint adhesions or scar tissue.  
*Nugent-Derfus GE, et al. Continuous passive motion applied to whole joints stimulates chondrocyte biosynthesis of PRG4. Osteoarthritis Cartilage. 2007 May;15(5):566-74.*

### **5. It's good for your overall health**

Measurement of 'serum thiol levels' reveal the higher the level the healthier you are or the less chance of disease. People without pain or symptoms and were getting adjusted had high serum thiol levels.

*Surrogate Indication of DNA Repair in Serum After Long Term Chiropractic Intervention – A Retrospective Study*

*Clayton J. Campbell Bio, Christopher Kent Bio, Arthur Banne Bio, Amir Amiri Bio, and Ronald W. Pero Bio. JVSR. February 18, 2005.*

### **6. It's good for your family**

Especially babies with colic as it may stop them crying and this makes mummy and daddy happier.

*The Short-term Effect of Spinal Manipulation in the Treatment of Infantile Colic: A Randomized Controlled Clinical Trial with a Blinded Observer. Wiberg JMM, Nordsteen J, Nilsson N. J Manipulative Physiol Ther. 1999 (Oct); 22 (8): 517-522*

### **7. It can make you more flexible**

This article uses hamstrings as an example of how being adjusted and stretching can help your muscles to relax.

*Fox, M. Effect on hamstring flexibility of hamstring stretching compared to hamstring stretching and sacroiliac joint manipulation. Clinical Chiropractic – Volume 9, Issue 1, March 2006, Pages 21-32*

### **8. It can make your muscles stronger and more flexible**

Quite an in-depth explanation into why getting adjusted can improve neurological control and muscle strength.

*Smith DL, Cox RH. Muscular strength and chiropractic: theoretical mechanisms and health implications. Journal of Vertebral Subluxation Research 1999-2000; 3(4):1-13.*

### **9. It can improve your co-ordination**

Significant improvement to hand-eye co-ordination are noted in this article following a series of adjustments.

*Dean L. Smith, DC, PhD, Marvin J. Dainoff, PhD, and Jane P. Smith, DC. & The effect of a Chiropractic adjustment on movement time... Fitts law. JMPT May 2006*

### **10. It is an effective treatment for back pain**

Chiropractic came out on top in this article relative to hospital out patient physiotherapy treatment.

*Meade et al. Low back pain of mechanical origin: randomised comparison of chiropractic and hospital outpatient treatment. British Medical J, 1991*