

CHIROPRACTIC & HEALTH

A Natural Connection

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Chiropractic Care Improves Sensorimotor Function Associated with Falls Risk in the Elderly.

Holt, K. et al. (2016) Effectiveness of Chiropractic Care to Improve Sensorimotor Function Associated with Falls Risk in Older People: A Randomized Controlled Trial. *J Manipulative Physiol Ther* 39:267-278.

QUOTE BOARD:

"Falls are a significant cause of death, injury, and loss of quality of life in older adults. Falls account for more than 80% of injury-related hospital admissions in people older than 65 years, and they are the leading cause of injury-related death in older adults."

"Over 12 weeks, the chiropractic group improved compared with the control group in choice stepping reaction time [sensorimotor function] and sound-induced flash illusion [multisensory integration]."

"Ankle joint position sense [proprioception] improved across the 4- and 12-week assessments."

"Sensorimotor function and multisensory integration associated with fall risk and the physical component of quality of life improved in older adults receiving chiropractic care compared with control."

Key Concepts:

Here is yet another research study showing that chiropractic care improves body position sense, sensorimotor function, and physical quality of life.

It is important to note that chiropractic spinal adjustments improved position sense of the ankle and sensorimotor function associated with walking and balance. This is because chiropractic care improves function of the sensorimotor cortex in the brain by restoring proper sensory input that is dependent upon proper spinal segmental motion.

The sensorimotor and neuromuscular systems are input dependent and the spinal joints and surrounding tissues provide the majority of this required input - IF they are moving properly.

Vertebral Subluxation Complex (VSC) represents deficient segmental motion and thus deficient essential neuromuscular sensory input to the brain. Chiropractors are the only experts trained to detect and correct VSC by restoring segmental motion. The benefits of this are wide reaching.

Key Take Home Points:

Mobility, balance, strength, and coordination are the variables that are most important with respect to preventing injuries and falls, and even pain and stiffness. All of these require proper segmental motion; proper segmental motion is the linchpin.

Chiropractic adjustments restore segmental motion which results in proper sensorimotor and neuromuscular function. No other profession in the world specializes in detecting and correcting areas of reduced segmental motion (VSC). It's not complicated but it is incredibly important and explains why chiropractic is so uniquely effective and beneficial.

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