

# Wellness and Maintenance Adjustments...

## Why Would That Be Important & What Information Should I Consider?

Chiropractic results are best when chiropractic is utilized consistently. For this reason, many experts compare chiropractic care to brushing your teeth or routine fitness. The following points come from a study (one of many) proving the efficacy and value of routine chiropractic wellness care.

### **8 Major Points of the Study: Source: Journal of Chiropractic Humanities. 2011 Dec; 18(1): 74–85.**

1. In animal studies, fixation of facet joints for 4-8 weeks causes degenerative changes and osteophyte formation of the articular surfaces with facet articular surface degeneration beginning at less than 1 week. **(Translation = a joint that gets stuck or “fixated” can begin degenerating after only 1 week)**
2. Facet joint fixation resulted in synovial fibrotic adhesions that progressed to mild adhesions in 4 weeks, moderate adhesions in 8 weeks, and severe adhesions after 12 weeks. **(Translation = a fixated joint will get progressively worse the longer it remains stuck/fixated)**
3. In humans, it can be hypothesized that there is a period where the adhesions are forming WITHOUT CLINICAL SYMPTOMS. This would support the common weekly or monthly spinal adjustment despite the presence of symptoms. **(Translation = this process can take place in the absence of pain or symptoms)**
4. Four weeks of joint immobilization has been found to cause a time dependent loss of neurons that become progressively worse thereafter. **(Translation = a fixated joint will cause progressive nerve degeneration)**
5. Joint immobilization has also been shown to cause muscle weakness, atrophy, and fatty infiltration and deposition into the muscle. **(Translation = a fixated joint causes muscle degeneration)**
6. It is demonstrated that the spinal adjustment gaps the facet joints which may break up adhesions, preventing the fibrotic or degenerative process to continue. **(Translation = chiropractic prevents joint degeneration)**
7. There may be a possibility of reversal of the neuronal degeneration and muscular weakness through adjustments and remobilization of the joint. **(Translation = chiropractic may even reverse prior states of degeneration)**
8. Due to the neurological and biomechanical consequences of manipulative therapy, it is both logical and scientifically accurate that regular chiropractic care prevents the progression of adhesion formation, joint degeneration, neuronal changes, and changes in muscular strength and recruitment. **(Translation = chiropractic is not just good for you – it may be necessary for preventing degeneration)**

### **CONCLUSION:**

Research shows that those who utilized chiropractic wellness care achieved the greatest benefit! Regular Chiropractic checkups and adjustments (when necessary) will improve function, prevent future problems, save money in the long run, and reduce your future need for surgeries, wheelchairs and nursing homes.

### **DOCTOR'S COMMENTS:**

For these reasons alone, everyone on our staff and **most of our other patients rarely go longer than 2 weeks** without having their spine checked for fixation and adjusted where needed. This proactive approach creates a situation whereby no joint can be compromised for longer than 1-2 weeks. Remember, **degeneration can occur without pain or symptoms**. Therefore, being proactive and consistent is the only logical choice... right?