

How Often Should We See The Chiropractor?

Some Research & Logic Supporting The Best Answer To This Question

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. Fixation of a joint 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. **(Logical translation = a joint that gets stuck or “fixated” can begin degenerating after only 1 week)**
2. 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. **(Logical translation = a fixated joint will get progressively worse the longer it remains stuck/fixated)**
3. Four weeks of joint immobilization has been found to cause a time dependent loss of neurons that become progressively worse thereafter. **(Logical translation = a fixated joint will cause progressive nerve degeneration)**
4. Joint immobilization has also been shown to cause muscle weakness, atrophy, and fatty infiltration and deposition into the muscle. **(Logical translation = a fixated joint causes muscle degeneration)**
5. There is a period where the adhesions are forming WITHOUT CLINICAL SYMPTOMS. This would support the need for the routine spinal adjustment despite the presence of symptoms. **(Logical translation = this process can take place in the absence of pain or symptoms... it is best to just be proactive and consistent... just like brushing our teeth)**
6. It is demonstrated that the spinal adjustment mobilizes the spinal joints which may break up adhesions, preventing the fibrotic or degenerative process to continue. **(Logical 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. **(Logical translation = chiropractic may even reverse prior states of degeneration)**
8. Due to the neurological and biomechanical benefits of spinal adjustments, it is both logical and scientifically accurate that regular chiropractic care prevents the progression of adhesion formation, joint degeneration, neurological degeneration, and changes in muscular strength/flexibility. **(Logical translation = chiropractic is not just good for you – it may be necessary for preventing degeneration... just like brushing our teeth)**

CONCLUSION:

This shows that people properly utilizing chiropractic wellness care stand to achieve 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 medications, surgeries, wheelchairs and nursing homes.

DOCTOR'S COMMENTS:

For these reasons and more, **most people in our office rarely go longer than 2 weeks** without having their spine checked for fixation and adjusted where needed. This visit frequency 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?