

# Research links neck adjustments to relief from elbow, shoulder and TMJ pain AND reduces Cytokine Storm

Chiropractors began assessing and performing spinal adjustments 125 years ago. That window of time represents a relatively small period in terms of the historical development of advanced health science. The future of Chiropractic walks hand in hand with developing trends in society towards more proactive methods of health care.

Back and neck pain relief represent the two most predominant problems which bring people to see a Chiropractor for an initial visit. Research and over 125 years of clinical results prove that Chiropractic adjustments provide health benefits extending far beyond those initial ailments. Newly published research shows the influence of a spinal adjustment on varied aspects of human health. The research evaluated the effectiveness of a Chiropractic neck adjustment to different areas of the body and found that neck adjustments affected both the adjusted area as well as other indirectly connected areas. Chiropractors passionately educate local communities about the proactive health benefits of spinal adjustments due to the nervous system's influence on the entire body.

The study used the term "regional interdependence" to explain that a primary disorder may be related to the dysfunction of different regions or systems of the body. Mid back and low back adjustments show influence of pain reduction in the neck while neck adjustments frequently help resolve problems in the mid and lower back and extremities. This research showed that adjustments to the neck resulted in relief from pain and dysfunction in the elbow, shoulder, and temporomandibular joint (TMJ).

Science explains how and why results like the ones described in this research occur. The spine intimately connects to the central nervous system. When a spinal vertebra loses alignment or range of motion, the relationship between the spine and nervous system alters.



The altered communication in the nervous system increases tension, stress hormones, and what scientists refer to as a cytokine storm. The spinal dysfunction produces a reaction to the tissues directly and indirectly connected with the specific spinal segment. Chiropractors assess and improve vertebral alignment and mobility while reducing tension and stress in the spine and nervous system.

Google searches for natural health remedies to address pain and health challenges increase every month. Chiropractors represent a pioneering group of healthcare professionals on a mission to provide natural health and wellness care without drugs or surgery. The first Chiropractic adjustment was administered to a deaf janitor in 1895. The event occurred in Davenport, Iowa, and serves as the first recorded adjustment in the foundational chronicles of Chiropractic. The gentleman receiving the adjustment experienced the restoration of his hearing and a new lens opened into the power of the body to heal itself free from drugs and surgeries.

Chiropractic healthcare expanded through scientific education, research, and records of results. Proactive health care continues to reshape the foundation of the world's health care system. Chiropractic leads the way.

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*"The Effect of High Velocity Low Amplitude Cervical Manipulations on the Musculoskeletal System: Literature Review."*

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