

CHIROPRACTIC & HEALTH

A Natural Connection

November 2017

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Grip Strength A Better Predictor of All Cause Death and Cardiovascular Death and Disease than Blood Pressure!

Leong et al. (2015) Prognostic value of grip strength: Findings from the Prospective Urban Rural Epidemiology (PURE) study. Lancet 386:266-73

QUOTE BOARD:

"Grip strength was inversely associated with all-cause mortality, cardiovascular mortality, non-cardiovascular mortality, myocardial infarction, and stroke."

"Grip strength was a stronger predictor of all-cause and cardiovascular mortality than systolic blood pressure."

"High grip strength was associated with low case-fatality rate in individuals with incident myocardial infarction, stroke, cancer, pneumonia, hospital admission for pneumonia or COPD, injury from a fall, or fracture."

Key Concepts:

The relationship between grip strength and these outcomes (all-cause mortality, cardiovascular mortality, cardiovascular disease etc) is not based on the fact that grip strength in itself is the thing that determines these outcomes but, rather, that grip strength is a valid measure of overall neuromuscular function which is a valid indicator of overall health, susceptibility to illness, and ability to survive and recover from illness.

There is very strong evidence that chiropractic improves the ability of the sensori-motor system and thus the entire neuromuscular system. Chiropractic has been shown to improve proprioception, improve limb position sense, to improve muscle recruitment, and to improve strength.

"These results are consistent with previous findings that have suggested increases in strength following spinal manipulation were due to descending cortical drive and could not be explained by changes at the level of the spinal cord. Spinal manipulation may therefore be indicated for the patients who have lost tonus of their muscle and/or are recovering from muscle degrading dysfunctions such as stroke or orthopedic operations and/or may also be of interest to sports performers." (Haavik, H. et al. Impact of Spinal Manipulation on Cortical Drive to Upper and Lower Limb Muscles. (2017). Brain Sciences 7 (2).

Key Take Home Points:

Loss of grip strength is an indicator of loss of neuromuscular function and a loss of neuromuscular function is synonymous with a loss of overall health, increased susceptibility to illness, and a reduced ability to survive and recover from illness.

Research shows that chiropractic adjustments restore segmental motion which results in improved sensorimotor and neuromuscular function; this is one of the physiological mechanisms explaining why so many patients under chiropractic care experience greater overall health and vitality.



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