

CHIROPRACTIC & HEALTH

A Natural Connection

December 2017

© The Wellness Practice

© Dr. James L. Chestnut M.Sc, D.C., C.C.W.P.

Study Shows Deficient Spinal Joint Mobility Causes Arthritis

Cramer, G.D. et al. (2010) Zygapophyseal Joint Adhesions After Induced Hypomobility. J Manipulative Physiol Ther 33:508-518

QUOTE BOARD:

"Experimentally induced segmental hypomobility (fixation) of the lumbar Z [zygapophyseal/spinal] joints resulted in time dependent intra-articular ADH [adhesion] formation."

"These findings are consistent with the hypothesis that hypomobility results in time-dependent degenerative changes and ADH [adhesion] development of the Z [zygapophyseal/spinal] joints."

"We conclude that hypomobility results in time-dependent ADH [adhesion] development within the Z [zygapophyseal/spinal] joints."

"The results reported here are also consistent with previously reported findings that osteophyte formation and degenerative changes of the articular facets increase with induced hypomobility."

Key Concepts:

When joints don't move through a full range of motion on a daily basis scar tissue begins to form and arthritic degeneration is initiated. The longer the duration of hypomobility the larger and more numerous the scar tissue adhesions and arthritic degenerative changes. By eight weeks of hypomobility large scar tissue adhesions are present and, without specific intervention to restore segmental motion, these adhesions can lead to permanent hypomobility and worsening degeneration.

Hypomobile spinal joints are incredibly common in modern, industrial humans. Most people sit for more than 8 hours a day which adds up to an average of 32 years of sitting over a lifetime. In other words, few people move their spinal joints through a full range of motion on a daily basis and this inevitably leads to scar tissue adhesions and degeneration.

Chiropractors are the world's only healthcare practitioners that spend a full four years learning how to detect hypomobile spinal joints. Chiropractors are also the world's only practitioners that spend a full four years learning how to restore motion and health to hypomobile spinal joints using chiropractic adjustment or spinal manipulation.

Key Take Home Points:

If you don't restore motion to hypomobile joints the joints and surrounding tissues simply cannot heal - period. No drug, no surgery, and no physical therapy can restore mobility to joints. Chiropractic adjustments can and do restore motion and health and this is why chiropractic is so uniquely effective.



Brought to you by: Progressive Chiropractic

Phone: 250 590 7319

Website: <http://www.chiropractorvictoria.com>

Email: progressive.marksmith@gmail.com