



# Health News

## from Ponte Vedra Wellness Center

[pontevedrawellnesscenter.com](http://pontevedrawellnesscenter.com)  

Dr. Erika Hamer, DC, DIBCN, DIBE



## Top 5 Reasons for Chiropractic Adjustments

For over a hundred years, chiropractic patients have been heralding the benefits of chiropractic adjustments for all who would listen. In this issue of the Wellness Express™, we are presenting five of the most popular reasons why people choose chiropractic.

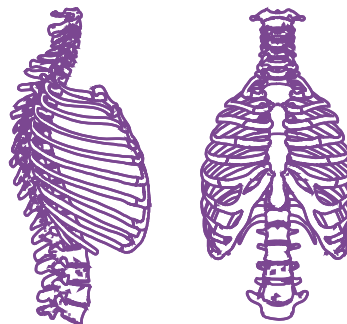
### 1. TO BE MORE HEALTHY!

Since its inception, chiropractic has first and foremost been based on the principle that the body has the innate ability to heal itself. Because of the negative effects of stress in one's environment, the body's natural abilities for wellness and healing can be interrupted. More specifically, when the nervous system is irritated by spinal misalignment (vertebral subluxations), the regulatory capacity of the brain relative to the rest of the body is compromised. Chiropractors seek to restore a more natural state in the body by using specific chiropractic adjustments to correct these imperfections. Chiropractors know that when the nervous system works better, ALL systems in the body have the potential to work better! Chiropractic is the only health care profession that abides by this principle. Chiropractors

have been perfecting the art, philosophy and science of this wonderful profession for over a century!

### 2. TO DECREASE PAIN

The spine is an important physical structure that contains many pain-sensitive tissues: Most notably, joints, muscles, nerves, discs and ligaments. If there are any abnormal alignment patterns in the spinal column, this can place an abnormal amount of stress and strain on any one of these tissues. In a recent article reviewing the effectiveness of spinal manipulation, chiropractic adjustments were consistently better than other medical options in reducing the intensity of acute low back pain, plus restoring normal function, both for short-term and long-term effects.<sup>1</sup>



### Exercise of the Week

#### Child's pose with forward reach – lumbar flexion

Difficulty: Easy

*(Consult your chiropractor before engaging in this or any other exercise.)*

**Start:** On hands and knees. Be aware of position of spine – start with a neutral spine or a flat back.

**Exercise:** Allow hips to lower toward heels, and reach arms out in front. Try to achieve a fully rounded lower back. Hold for 10-30 seconds.



### 3. TO IMPROVE PERFORMANCE

Many athletes swear by the positive effects of chiropractic when talking about their personal successes.<sup>2</sup> Notable names like Lance Armstrong, Barry Bonds, Dan O'Brien and Arnold Schwarzenegger, to name a few, swear by their chiropractors. Athletic performance is affected by a combination of strength, flexibility, speed and coordination. When the spine exhibits imperfections in movement and/or alignment, the resulting vertebral subluxations can create focal areas of irritation in the nervous system, which subsequently interfere with the optimum functions of all other systems. As a result, athletic performance suffers. When athletes are adjusted regularly, they will often attribute their success (at least in part) to their chiropractic care.

### 4. TO IMPROVE YOUR POSTURE

We all like to look our best and put our best feet forward. In order to do this, we need to stand confidently vertical, with our head held up high. Spinal curves are absolutely paramount to good posture. In the normal spine, there should be a gentle curvature of the spine inward in the neck and lower back, with a balanced outward curve in the mid-upper back. One of the most common postural faults (head forward, shoulders rounded forward) occurs when the lumbar (low back) curve is too flat, or the thoracic (mid-upper back) is too rounded. If this abnormal body position is not corrected, this can place a lot of pressure on the spine where the neck meets the shoulders, causing stress and strain.

Your chiropractor works hard to ensure that your spine has every opportunity to assume perfect posture, by optimizing the movement and position of each and every vertebra. As far as your posture is concerned, the rest is up to you – consistent awareness of your posture, plus a commitment to regular postural exercises are the best ways to maintain a healthy upright spine.

### 5. TO INCREASE BODY AWARENESS

Most people do not know this, but joint position is one of the most important 'senses' used to detect body position in 3-dimensional space (only surpassed by vision in terms of importance). Without this joint information, for example, you would be severely uncoordinated in the dark, most likely unable to walk without falling. This 'sense' provided by the joints of your body is called proprioception. Chiropractic adjustments help to restore proper position and movement of your body's joints so proprioception (body awareness) is optimized. When you are more aware of your body in space, your improved balance and coordination will help you by preventing accidents and injuries!

Chiropractic care is not only for back pain – it is a natural, healthy choice for optimum performance and beautiful posture, plus an essential component of mind-body communication, ensuring your body functions the way it was originally intended!

Disclaimer: Information contained in the Wellness Express™ newsletter is for educational and general purposes only and is designed to assist you in making informed decisions about your health. Any information contained herein is not intended to substitute advice from your physician or other healthcare professional.

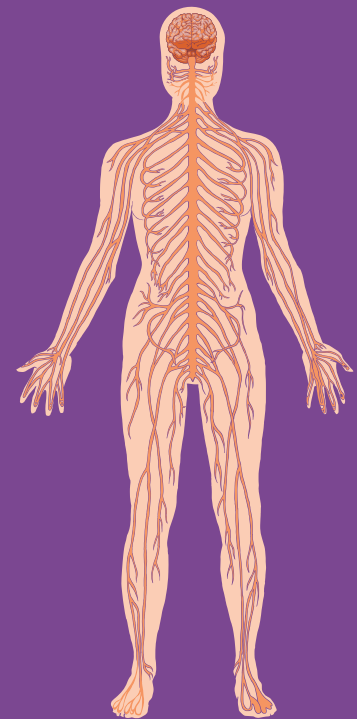
## Quote to Inspire

*“Every man is the builder of a temple called his body.”*

*Henry David Thoreau*

## References and sources:

1. Spinal Manipulation for Acute Low Back Pain. *Spine* 2010; 10: 918–940. (Dagenais et al.)
2. Professional Athletes and Chiropractic: [http://mississaugachiro.com/chiropractic\\_for\\_athletes.php](http://mississaugachiro.com/chiropractic_for_athletes.php)



Editor & writer: David Coyne

Writer: Dr. Christian Guenette, DC

Writer: Sandra Taylor

Design: Elena Zhukova

Graphics: Faith Ruba

Photos: Fred Goldstein