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Chiropractic adjustments increase range of motion

The November/December 2001 issue of the Journal of Manipulative and Physiological

Therapeutics reports that chiropractic adjustments help increase normal range of motion in the spine.

The double-blind randomized study was done at the Phillip Chiropractic Research Centre, RMIT University, M, Iboome, Australia.

105 patients with neck-tension headaches were split into two groups. There were three phases of the study with each group alternately receiving true adjustments, fake adjustments or no adjustments.

After each phase of the study was completed range of motion studies were done. After each group received a chiropractic adjustments, their spinal range of motion increased significantly.

By way of commentary, range of motion may not seem to be a very important thing. However, proper range of motion allows for proper body mechanics, or how well the entire body is able to move and respond to changes in its surroundings. Vertebral subluxations produce abnormal ranges of motion and lead to dysfunctional body mechanics. Correcting subluxations is important because this restricted range of motion can cause spinal problems in other areas to develop as a result. Keeping your spine free of subluxation interference is absolutely vital to a properly functioning, healthy body.

"Half of the modern drugs could well be thrown out of the window, except that the birds might eat them."

- Martin Henry Fischer

**Our purpose is to educate and adjust families toward optimal health
with natural chiropractic care.**