

# CHIROPRACTIC & HEALTH

## A Natural Connection

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### *Motion Deficiency Causes Significant Sensory and Motor Dysfunction: Restoration of Motion Restores Function*

Lissek, S. et al. (2009) Immobilization Impairs Tactile Perception and Shrinks Somatosensory Cortical Maps. *Current Biology* 19(10): 837-842.

#### QUOTE BOARD:

"These findings suggest that brief periods of reduced use of limb have overt consequences and thus constitute a significant driving force of brain organization."

"According to our data, whatever one is doing or not doing leaves measurable traces in brain organization. Doing nothing does have negative consequences, suggesting that a continuous stream of sensory input may be necessary for maintaining intact brain organization and perceptual abilities."

#### Key Concepts:

Your brain is a sensory organ, input dictates output. The most important input regarding the health of your neuromusculoskeletal system (muscles, bones, tendons, ligaments, and nerve messages to and from these tissues) comes from movement receptors called proprioceptors.

The most important source of this proprioception comes from the segmental motion of your spine, a continuous stream of proprioceptive input from a properly moving spine is crucial for proper sensory and motor function.

Vertebral Subluxation Complex [deficient segmental spinal motion resulting in deficient proprioceptive input] has severe negative consequences to both brain and body function and health as well as to quality of life.

#### Key Take Home Points:

Proprioceptive input is the LINCHPIN of sensori-motor function and segmental motion is the LINCHPIN to proprioceptive input and neuromusculoskeletal health.

Chiropractic adjustment is, without any doubt, the most evidence-based and most effective intervention for restoring segmental motion and thus the health and function of the neuromusculoskeletal system.

It's not complicated, but it is extremely important. Segmental motion is everything and chiropractic is the only profession in the world focused on detecting insufficient segmental motion and restoring sufficient segmental motion. This is why chiropractic adjustments are the most effective intervention for restoring spinal health ever studied.

Brought to you by: Thrive Chiropractic Wellness Center

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