

What Makes a Chiropractic Adjustment Different from Medical Intervention?

The benefits of a chiropractic adjustment go far beyond back and neck pain relief. Clinical evidence and patient results spanning the past 124 years suggest that chiropractic care uniquely influences whole body function by addressing spinal health.

The relationship between the spine and the central nervous system links chiropractic adjustments to improvements in many aspects of health, function, and human performance. Chiropractic benefits do not stay confined to merely helping adults with back or neck pain. Kids, adults, and the elderly all utilize regular chiropractic care for a variety of purposes. A 2017 research paper cited evidence gathered from a large population of adults who utilized chiropractic care. The study evaluated the predominant reasons why most chiropractic patients begin care and the unique results and achievements reported while under care.

Over 40% of chiropractic patients sought care for general wellness or disease prevention. Other patients pursued improvements in energy reserves, sports or athletic performance, and immune function. Another significant reason for care came from those pursuing memory and concentration benefits. During the course of care, patients attributed other benefits to improved nervous system care, including the ability to exercise more regularly, eat healthier, cut back or stop smoking, eat more organic food, and cut back or stop consuming alcohol.



An important question often asked by patients and other health professionals involves what makes a chiropractic adjustment so different than medical intervention. The biggest difference exists in the proactive intent of chiropractic. Medicine focuses on the treatment of a symptom, but chiropractic adjustments proactively induce motion and improved alignment of the spine with the intent to remove stress and interference from the nervous system. Reducing stress and interference through spinal adjustments empowers the nervous system to begin resolving correctable symptoms and health concerns within the body. This science explains why so many patients experience health benefits that initially seem unrelated to the spine.

The 2017 study determined that chiropractic care improved overall health and symptom relief in 67% of reporting patients. Another 42% of patients reported sleep benefits, 40% experienced reduction in stress levels, 38% identified a greater ease to cope with health problems, and 27% felt an improvement in their emotional health. The landmark chiropractic study also reported that 62% of chiropractic patients felt drawn to chiropractic because it treats the cause of health issues rather than just treating the symptoms. 38% reported an affinity to chiropractic because the natural health care pathway avoids the use of harmful and dangerous interventions.

The first adjustment took place in 1895. Over 120 years of history testifies to people of all ages, race, color, and creed getting well and maximizing function and life experience through the benefits of chiropractic. People need not struggle through days filled with chronic pain, disease, and reliance on medications that produce harmful side effects. Chiropractic offers a relevant, proven alternative that invites a new season of health and vibrant life.