

Benefits of Chiropractic Adjustments

- 1. Restore motion - both symmetry & ROM**
- 2. Normalize biomechanics & load distribution**
- 3. Pump out waste products & edematous fluid**
- 4. Improves nutrition to discs & articular cartilage**
- 5. Relax tight muscles**
- 6. Normalize proprioception - position sense & kinesthesia**
- 7. Stimulate sensory - motor reflexes which improve dynamic muscular stabilization of joints**
- 8. Accelerate healing - as movement:**
 - A. ↑ metabolic rate**
 - B. ↑ collagen & protein production**
- 9. Improves the alignment of new connective tissue**