

The Magic of Motion

By Dr. Carol Ann Fischer, D.C., N.D.

The human body is designed to move smoothly. Normal motion allows the spine to move in turning, side motion, forward and backward. The movement also allows nerve signals from the brain to successfully travel through the spinal cord to all parts of the body. Lack of normal motion can cause the brain to lose communication with the body, and decrease the brain's ability to control and coordinate it. A decrease in motion can occur from emotional stress, dietary stress, toxic overload and physical stress.

Stress causes tension to build up in the muscles and joints of the body,


altering the spine's normal structural alignment. Besides spinal misalignment, this tension build-up can also cause increased irritation and heightened sensitivity of the nervous system, which in turn causes pain.

Physical loss of motion can occur from traumas, auto accidents, falls, birth trauma, sports injuries, repetitive motion injuries and poor posture. According to the Center for Disease Control, the average child has over 1000 physical traumas before entering their teens. The average American adult has seven auto accidents in his lifetime. Auto accidents in the U.S. occur at a rate of 1.2 per second, more than 103,600 accidents per day.

This loss of motion from trauma such as from an auto accident results in stress on the body, joints and nervous system. According to the Spine Institute of San Diego, the damage from automobile collisions may not show up for days, weeks, months or years. For example, such symptoms as headaches, decreased mobility, stiffness and back pain can occur immediately following trauma, but osteoarthritis may not show up for years. The force transferred to the body from an average rear-end collision, in a normal, mid-sized car, may be as high as five times the force of the actual collision. That is, in a 10 mph accident, the transferred force may accelerate the body up to nearly 50 mph. Women are usually hurt more in accidents because most women have less muscle strength and body mass than men.

Chiropractic is a safe, effective, non-drug approach to reducing the effects of stress on the body. Chiropractors spend years learning to restore normal motion to the spine and joints of the body. Improved motion results in improved brain and nervous system communication, and improved body health and function. Chiropractic, as a non-invasive health care option, has been validated in numerous studies.

Most recently, in a comparative study presented at the 2009 International Conference on Spinal Manipulation in Washington, D.C., chiropractic care successfully restored spinal motion to patients with low back pain and walking dysfunction, while those patients receiving conventional care, including physiotherapy, had no change in their walking pattern. A




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study published 10 years ago in the Journal of Orthopedic Medicine found that 94 percent of patients with neck pain, restricted movement and neurological symptoms responded positively to chiropractic treatment. In a 20-year study published in the Journal of Manipulative and Physiological Therapeutics, patients who had received chiropractic care for neck and back pain experienced increased mobility and less pain, as well as significantly lower health care costs compared to patients receiving other treatment options.

Many medical physicians today recognize the role that chiropractic can have in integrative health care. As reported in the Archives of Internal Medicine, 50 percent of rheumatologists refer their patients to alternative health care practitioners. Most chiropractors are also trained to evaluate diet and nutrition to help patients make healthier lifestyle choices. Chiropractic treatment helps increase overall spinal mobility, making yoga, Pilates and exercise more beneficial.

When chiropractic restores motion to the joints of the body it can be magical. Ability to turn the head, bend over easily, walk and move without pain is often instantaneous after chiropractic treatment. Many patients report that movement that was difficult before chiropractic becomes significantly easier. Even a simple 10-minute walk becomes possible where before movement was too restrictive. A California State University found that a 10-minute walk is enough to increase energy, alter mood, and affect a positive outlook for up to two hours.

Dr. Carol Ann Fischer, D.C., N.D. owns TLC Holistic Wellness located at 31580 Schoolcraft Road in Livonia. She is a practicing chiropractor and wellness consultant, who also provides holistic and nutritional recommendations for people who want to improve their health. Visit TLCHolisticWellness.com for more health information or call 734-664-0339. To learn more, visit ChiroMI.com.



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