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Chiropractic: Specific lower extremity adjusting and improved performance

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Statement of Problem: Some say that there is little evidence that chiropractic (HVLA) extremity adjustments have as far reaching effects into the Prefrontal Cortex as spinal adjustment. Therefore, extremity adjustments are underutilized and beneficial effects unseen.

This multiple case study presents evidence that the use of exclusively specific lower extremity adjustments has positive effects on sports performance. Participant subjective interviews and direct observation are utilized.

#1. B.K.; 20-year-old male had ACL injury with subsequent surgical repair 2 years prior. Walks with limp and unable to run. He received one session of exclusively bilateral specific lower extremity adjustments (RIAT). He immediately felt little to no pain in his knee and was able to participate in a soccer game as the goalkeeper. Subsequent comments that day were that it was a miracle to him that he could now run, his low back and neck even felt freed up. He was interviewed 1 year later and had returned to running as exercise.

#2. C.H.: 35-year-old female aerobics instructor w severe bilateral knee pain. Used crutches, previous Rx 2 aspirin / 4 hours and seen weekly at rehab hospital for past month. She received one session of exclusively bilateral specific lower extremity adjustments (RIAT). She immediately felt little to no pain in her knees and was able to ambulate unassisted. She experienced no knee symptomatology for the next 3 years and attributes the fact that she can still be leading aerobics classes at the age of 65 to receiving consistent appropriate chiropractic care including specific lower extremity adjustments (RIAT) over the years.

#3. Soccer team; I was invited to evaluate and treat an amateur men's soccer club prior to a weekly game. 8 of the 12 players were suffering from various lower extremity conditions; fallen medial, lateral, both transverse and fundamental arches, foot ankle and knee sprains and strains and subluxations. Appropriate specific lower extremity adjustments (RIAT) were used in treatment. Among immediate reactions was "My feet feel amazing." Results of the following game suggest the need for follow-up research: Total goals scored were the highest in history of the club and the differential winner vs loser was the greatest ever.

Significance: Any research that documents the importance of movement and exercise also validates the chiropractic adjustment. Dr. Patrick Clinch BS, DC.

Studies suggest that chiropractic adjustments alter cortical somatosensory processing and sensorimotor integration. This helps to explain the mechanisms responsible for effective relief of pain and restoration of functional ability documented following a chiropractic adjustment. A neuroplasticity model for the subluxation is the one most supported by evidence. A subluxation primarily is a central segmental motor control problem that is causing maladaptive central neural changes. Chiropractic correction of a subluxation has a positive neural plastic effect. It improves communication between the brain and body and therefore the organism's interaction with its environment.

It is well documented that lower extremity biomechanics effects function of the body as a whole.

Quantitative studies are one way to provide documentation to support hypotheses; however, they are not the only way. Qualitative research, which includes case studies utilizing direct observation and interview also provide such documentation. Personal or corporate historical events, birth, death, etc... can only be proven with I-witness accounts because, such events are not reproducible in a laboratory setting. There is no reason to doubt the integrity of these I-witness accounts and first-hand observations. The creditability of second or third hand criticism separated from the facts chronologically and geographically is questionable.

It is well demonstrated in these 3 cases and numerous others that exclusive use of lower extremity (RIAT) (HVLA) adjustments improved athletic performance, corrected residual mechanical imbalances from surgery and other injuries and proved to be significantly effective.

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