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Health Promotion Strategies

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Minor Pressure on Nerves Causes Problems

A paper published in the September 2001 issue of the Journal of Vertebral Subluxation Research confirms what chiropractors have been saying for 106 years. The study's title is, *"The Effects of Mild Compression on Spinal Nerve Roots with Implications for Models of Vertebral Subluxation and the Clinical Effects of Chiropractic Adjustment: A Review of the Literature."*

The author is George Muhs, D.C., Assistant Professor of Clinical Services at the University of Bridgeport College of Chiropractic and Scott Alderson D.C., a chiropractor in private practice. This paper was a thorough review of scientific literature that dealt with research on nerve pressure at the spinal level. This is the nerve pressure seen in vertebral subluxations. Chiropractors have maintained that small amounts of nerve pressure can cause malfunction and ill-health. The results of this review helped further prove the chiropractic premise.

The research revealed that "as little as 10 mm Mercury pressure can alter the nerve root and dorsal root ganglion's ability to function normally". The authors concluded that "these alterations would therefore alter the quality and/or quantity of the message sent. At the tissue and cellular level, the message received would not be adequate for the function the body demands. The entire body could then theoretically be affected." The authors also noted "The concept that a vertebral subluxation can induce pressure increases at the level of the IVF (Intervertebral Foramen) is supported by the literature. This increase, though seemingly mild, is enough to alter nerve function." They continued "The chiropractic adjustment can effect a restoration of normal H-reflex (nerve function) in compressed nerve roots.

The bottom line, science proves what chiropractic patients have known for over 100 years.

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