

# ~ Chiropractic Care and Human Performance ~



## Increased strength and reduced fatigue has been observed in individuals receiving chiropractic care [1]

- Following spinal manipulation, researchers have observed an increase of almost 60% in the electrical activity readings from specifically targeted muscles, a 16% increase in absolute force measures, and a 45% increase in the drive from the brain to the muscles. [1]
- Adjusting pregnant women appeared to relax the pelvic floor muscles at rest - an important finding as the pelvic floor muscles have active roles in pregnancy, childbirth and overall spinal stability. [2]
- Maximal bite force may increase, and the cortical silent period may shorten, following chiropractic care (both relate to ways in which chiropractic care can have an influence on the way the brain drives muscles). [3,4]

*"The elite athletes know it works...then the science and research catch up".*

Dr. Brad Glowaki, DC. From the ASRF Research for Practice Podcast - 'Chiropractic Care and Human Performance' episode.

#### REFERENCES:

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