

A close-up photograph of a hand being held by another hand, with the fingers of the top hand pointing upwards. The background is a solid, warm brown color. A white rounded rectangle is overlaid on the center of the image, containing text.

# Inflammation and Chiropractic care

What does the research say?

# Research suggests:

- Inflammatory mediators have been found to be elevated in individuals with neck pain.
- Symptoms linked to high levels of inflammation may be improved with chiropractic care.
- The production of inflammatory mediators may be modulated in response to chiropractic care.
- Chiropractic adjustments delivered at different forces may influence the inflammatory mediators differently.

## Further reading in this area:

1. Teodorczyk-Injeyan, J. A., Triano, J. J., McGregor, M., Woodhouse, L., & H. Stephen Injeyan. 2011. Elevated Production of Inflammatory Mediators Including Nociceptive Chemokines in Patients With Neck Pain: A Cross-Sectional Evaluation. *J Manipulative and Physiol Ther*, 34(8), 498–505.
2. Pero, J. & Jockers, D. 2015. Improvement in Cervical Curvature and Health Outcomes in a Patient with Rheumatoid Arthritis Undergoing Chiropractic Care to Reduce Vertebral Subluxation. *Ann Vert Sublux Res*, 2015;77-81
3. Teodorczyk-Injeyan, J. A., Triano, J. J., Gringmuth, R., DeGraauw, C., Chow, A., & H. Stephen Injeyan. 2021. Effects of spinal manipulative therapy on inflammatory mediators in patients with non-specific low back pain: a non-randomized controlled clinical trial. *Chiropr & Manual Ther*, 29(1).
4. Felipe C.K. Duarte, Funabashi, M., Starmer, D., Partata, W. A., Daniel W.D. West, Kumbhare, D. A., & Injeyan, S. (2022). Effects of Distinct Force Magnitude of Spinal Manipulative Therapy on Blood Biomarkers of Inflammation: A Proof of Principle Study in Healthy Young Adults. *J Manipulative and Physiol Thera*, 45(1), 20-32.