

## **Chiropractic Spinal Facts**

### **Dr. John G. Schoenenberger**

#### **Why Spinal Health is so Important**

- 90-95% of all brain activation comes from receptors located in the spine.
- These receptors are activated by gravity.
- Maintaining spinal health and function along with exercise, nutrition and supplementation is the best avenue by which to stay healthy.

#### **According to Stanford research:**

- 64% of people have used chiropractic services in place of traditional medicine for neuromusculoskeletal conditions.
- 81% of those surveyed who had used chiropractic services in the past year felt that these treatments had cured or relieved their symptoms considerably.

#### **Did you know?**

- Patients receiving medical treatment for back pain require almost four times longer to return to normal activity than those receiving chiropractic care. (39.7 days vs. 10.8 days). Western Journal of Medicine.

#### **Low Back Pain Facts:**

- Approx. 96% of all severe low back pain cases do not involve a “pinched nerve”.
- Over 80% of the population will experience severe back pain at some point in their lives.
- Back pain represents 30% of all workers compensation claims, (more than twice of any other complaint).
- A new study reveals 91% of people who have low back pain for over 30 days never get rid of the pain if not properly treated. (Only 9% improve on their own).

#### **Lateral Cervical Curve Restoration (Extension Cervical Traction)**

- According to the science of biomechanics detailing spinal loads, stresses and strains abnormal neck and low back curvatures (kyphosis) are indeed documented causes of spinal arthritis and disc disease. Multiple studies have identified that x-rays line drawing is able to determine that straightened segmental kyphosis and complete reversals of the sagittal curves are linked to premature degeneration joint disease
- CBP Technique has published 6 Clinical Control Trials validating the frequency, duration and patient outcomes of care. These 6 published clinical control trials demonstrate that CBP technique methods combined with short term spinal manipulation can improve spinal alignment in the AP view and improve the cervical and lumbar lordotic curves.
- **There is strong evidence in the form of well-designed Case Reports that CBP treatment methods are superior to standard care (spinal manipulation and other typical treatments) for severe chronic conditions.**