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In This Issue

'How To Set Goals'

'Sprinting for Fat Loss'

'Contemporary Acupuncture'

'The High Hang Snatch'

'Cervical Adjustments'

'Cancer Causing Sunscreens'

'Women's Training Mistakes'

'The Negatives of Caffeine'

'Overtraining the Heart'

Bringing usable, performance based knowledge to the fitness world- in a casual, simple way.

“I Will Never Let A Chiropractor ‘Crack My Neck’- Dr.Michelle Campbell

WHAT YOU’LL LEARN IN THIS ARTICLE

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Have you ever heard that statement? Every time I hear that it makes me cringe and irritates me to the same extent as nails on a chalkboard.

Whether you are a health professional offering others health advice or a person looking to understand what diversified Chiropractic adjustments are, this article is important for you. I am going to explain some of the common misconceptions with Chiropractic neck adjustments and show that the negative myths are just those ... myths.

I love getting my neck adjusted and I think it is the most powerful of all the adjustments and creates the most positive change, but I didn’t always feel that way. The very first time I was adjusted 11 years ago, I screamed because I didn’t understand everything you are about to read in this article. I am honoured to do what I do and share with you.

Over the past week, I decided to do my own office survey. I asked a few of my patients why they were hesitant about having their neck adjusted when they first came into my office (who, by the way, currently love having their neck adjusted).

Here are the common responses.

“Ummmm...I just don’t want it done.” Also known as, “I have no idea why I don’t want it done, but someone else told me it was bad, so I am going to believe him”.

This is the hardest one to de-bunk, other than that person who told you that Chiropractic is bad is wrong???

Okay seriously - here are the real reasons my patients shared with me:

1) **“I’m going to get a stroke if I get my neck adjusted. “**

That statement, simply, is just plain wrong. I am a logical, intelligent and well-researched person and have spent 8 years of post secondary education to become a Doctor of Chiropractic and have spent 5 years in clinical practice. If there were reasonable research proving the claim of neck adjustments causing strokes, I would be one of the first to know about it and that information would be all over every medical channel. If that research was out there, do you think I would get adjusted regularly myself? Or even more so, do you think I would adjust those whom I love the most? Absolutely not. I adjust my family and my best friends - and I wouldn't have it any other way.

If you are looking for research proving there is no cause and effect between neck adjustments and stroke, see Cassidy et al, 2008 or Herzog et al, 2012 or email me and I'll forward you the studies.

2) **“The sound of an adjustment is the cracking of bones!”**

That statement comes from ignorance and someone who doesn't understand Chiropractic, the mechanism of an adjustment or how

it works. I'm going to explain the sound of an adjustment as simply as I can. The bones of the spine (vertebrae) are connected together by joints (facet joints) and there is a capsule surrounding that joint. That capsule has synovial fluid in it. This is the same physiology as other joints in the body such as knees, shoulders, wrists and so on. An adjustment is a gentle force in a very specific direction to allow the joint restriction (subluxation) to be released, which allows gas to escape from the joint. That is the pop! It is NOT bones CRACKING, breaking or grinding against each other. I tell children in my practice that the sound of an adjustment is similar to the joints in your back farting, without the nasty smell. So ... is that really so scary?

After all of this, if that sound still isn't for you, Chiropractors are able to adjust the neck with techniques where you won't hear any release in the neck. I also use the activator technique and use gentle pressure points to adjust some of my patients' necks. In my office, I will only do what the patient is comfortable with.

3) **“I’m Scared”**

Someone hears a story about how their neighbours', aunt's, daughter's friend was adjusted once by a Chiropractor and they were hurt and that scares them. I do want to address the fact that even after the best adjustment, occasionally patients can have a reaction that may appear to be “bad” i.e. aggravation of symptoms such as achy feelings, muscle tightness or a slight headache. This can happen, especially at the start of care or

when you are going through other stressors in your life. Physiology, if you exercise or train hard, your muscles are sore for a few days, or if you want to lose weight or kick caffeine, you have a physiological response such as headaches or slight fatigue that can appear negative. However, these are short-term effects and they are on the way to your body healing and becoming healthier.

My second response to this statement is in regards to my profession as a whole. How many MDs prescribe the wrong medications, or lawyers let criminals go free, or police officers abuse their power? I am not putting any of those professions down because they are all admirable and I respect all of them, but it seems the public perceives that if an MD makes a mistake, it was just that ... a rare mistake or it is one bad doctor. On the other hand, if a Chiropractor makes a mistake or if there is one bad Chiropractor out there, the entire profession is bad. I believe Chiropractic should be judged in the same manner as these other professions and treated with the same professional respect and scrutiny. I hope in my career, I can play a part in making a positive change in the public's perception of our profession.

4) **"I don't trust Chiropractors"**

I have had many of my patients say the only reason they let me adjust their neck is because they know me outside of the office and they trust me personally, or they really trust the person whom referred them to me. This one is tough and this is why I am

regularly volunteering in my community to help society understand that Chiropractic is a trustworthy profession. I know a lot of Chiropractors and we are good people who truly desire to improve others' lives. We deserve the public's trust and I hope I never hear "No offence, but I don't like Chiropractors" ever again. With the wonderful work that many of my colleagues are doing, the public's perceptions of Chiropractors will only improve in leaps and bounds with time.

Chiropractic is not scary and it is safe. You may agree or disagree with what I do, but for every negative Chiropractic story, true or untrue, I am willing to bet there are thousands of true Chiropractic "miracles". The benefits of Chiropractic far outweigh the negatives. I am so lucky I get to see those benefits for my patients and myself daily.

Dr.Michelle



Up next by Dr. Campbell – “Is it ethical for Chiropractors to adjust babies?”

If you would like more information, please contact Dr. Michelle Campbell at michelle@campbellcc.com or visit her website at www.campbellcc.com.

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