

Landmark Study Shows Benefits of Maintenance Spinal Care

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After getting rid of the initial pain, my patients and I talk about "checking in once a month" to help prevent any flare-ups of pain, which many call "Maintenance Care". Now a new study ([click here for the abstract](#)):

Senna MK. **Does maintained Spinal manipulation therapy for chronic non-specific low back pain result in better long term outcome?** *Spine (Phila Pa 1976)*. 2011 Jan 17. [Epub ahead of print]

has shown how effective Maintenance Care can be.

In the study of 60 patients with low back pain of at least 6 months, those getting **spinal adjustments every 2 weeks** after an initial 1-month treatment period of continued reported significant decreases in pain and disability compared to those only getting the 1-month treatment.

What's more, these improvements were seen **9 months after the initial treatment!**

For the researchers, "[*Spinal Manipulative Therapy*] is effective for the treatment of chronic non-specific Low Back Pain" and that "*this study suggests maintenance spinal manipulations after the initial intensive manipulative therapy.*"

5 Ways Chiropractic Can Improve Your Health

#5: Strengthening Your Immune System

Chiropractic adjustments **significantly increase levels of 2 immune system proteins** called IgG (which help fight viruses) and IgM (all infections) in as little as 2 hours after treatment.¹

#4: Decreasing Inflammation

Chiropractic adjustments **significantly decrease an inflammatory protein** called TNF-alpha², found in high levels in patients suffering from asthma, Crohn's disease, heart disease, and rheumatoid arthritis.

#3: Improving Blood Flow

Spinal manipulation has been found to **significantly increase blood flow** to the legs³ as well as in the neck.⁴

#2: Decreasing Pain

Chiropractic adjustments to the lower neck can significantly decrease elbow pain.⁵

#1: Increasing Your Range of Motion

Because Chiropractic is able to affect joint movement, it can **decrease pain by improving your range of motion**, especially in your neck.⁶