

# Lane Cove Chiropractic November Newsletter

## 2019



### Research

There's a theme running through the research presented this week.

It's that moving your body is good for you! Mind blowing isn't it? (Heavy sarcasm intended).

The human body is made to move, that's why we have joints and muscles and a nervous system. (More sarcasm)

The reality is most of us don't move nearly enough and that is killing us. (No sarcasm. That's a fact)

Read on to see how you can live a longer and healthier life by exercising less than an hour a week.

### How does a chiropractic adjustment work? Is it all about the brain?

Glad you asked. Well short answer... we don't exactly know for sure BUT this review paper published in Journal of Integrative Medicine in September 2019 explores some of the physiologic effects of spinal adjustments.

In summary the paper found that- "The body of literature reviewed... suggested some clear neurophysiological changes following spinal manipulation which include neural plastic changes, alteration in motor neuron excitability increase in cortical drive and many more."

Get it? No? (I had to look up some of that stuff too) OK, I'll translate some of the science speak...

Research has shown that chiropractic adjustments cause gapping (separation) of the spinal joints which results in increased ranges of motion, that is better flexibility, between the spinal joints in all the different planes of motion. This means that we get clinical and functional improvement as a result of small increases in movement between spinal joints across multiple spinal segments.

Also, there are small deep spinal muscles that control the position, motion and importantly the stability of your spine. These 'Intersegmental spinal muscles' are muscles sitting deep all along the spine right next to the vertebrae and are not under your conscious control. Can you move the position of the 3<sup>rd</sup> lumbar bone relative to the 4<sup>th</sup> lumbar?

Go on take a minute, I'll wait. Couldn't do it? Don't fret I can't either. No one can. Well maybe some yoga guru sitting on top of a mountain somewhere can, maybe.

When we perform a chiropractic adjustment these intersegmental muscles are rapidly stretched and 'switched on' sending a barrage of nerve signals to the brain. This results in helping the brain and body know better where everything is and know better how it's all supposed to move thus improving flexibility and function.

The barrage of nerve signals also helps to dampen down pain signals from the body as they come into the spine on their way up to your brain.

In Summary-

1. Chiropractic adjustments help the joints between your spinal bones move more naturally and further
2. Help the connection between your body and brain thus aiding proper motion and function
3. Can help with pain relief

Paper title- "Spinal Manipulation therapy: Is it all about the Brain? A current review of the neurophysiological effects of manipulation." Guyer G. et al. Journal Integrative Medicine. Sept. 2019.

## [Just how much walking is good for you?](#)

Lots of our practice members come in with pedometers, well I say pedometers (ok, I'm showing my age) but I guess most people these days have apps for that. Anyways the point is most of us know that we should walk more for our general health and wellbeing. Multiple studies have shown that walking has numerous health benefits which all add up to us living longer with better health.

A paper by Jennifer Abbasi in the Journal of the American Medical Association in July 2019 looks at how many steps a day results in a health benefit. Apparently 10,000 steps every day has been the target for a while now. I'm not really a walker, my exercises of choice are running and Crossfit (for those of you who want to know how I went in the World Masters Crossfit Championships, you'll have to read the rest of this newsletter) so I'm going on the research here and not experience and this research is suggesting that the health and mortality benefits of walking was seen with as few as 4400 steps a day.

No, that doesn't mean you can be a lazy bum and cut back if you've been doing the 10,000 daily, good for you keep on trucking. But 10,000 steps can seem daunting and may deter some, especially the older among us, from starting a walking program in the first place. Whereas 4400 steps a day may be a more realistic target and that's where many of the health benefits are seen.

Go on get up off your ar... um, backside and just start walking, that's it, only 4399 to go!

Go here to Just Start Walking <https://www.chiro.org.au/patients/resources/health-initiatives/just-start-walking/>

## [And what about running? Is that good for you too?](#)

A paper published in the British Journal of Sports Medicine on the 5<sup>th</sup> November 2019 (1) by Australian researchers found that running only once a week for less than 50 minutes can lower your risk of death from all causes by 27%, your risk of death from cardiovascular disease by 30% and death from cancer reduced by 23% compared to non-runners. The research looked at a study population of 230,000 people and found that these health benefits were shown even if people ran at a relatively easy pace (9-10 kilometers per hour).

Running gets a bad rap. I've heard it said running is "bad for your joints, it's too strenuous, I'm too old to start running" despite the fact that there is no research to support any of those assertions and plenty of evidence to the contrary. Now with the findings from this study, that you are 30% less likely to die if you run, who wouldn't get out there and have a little trot around the block?

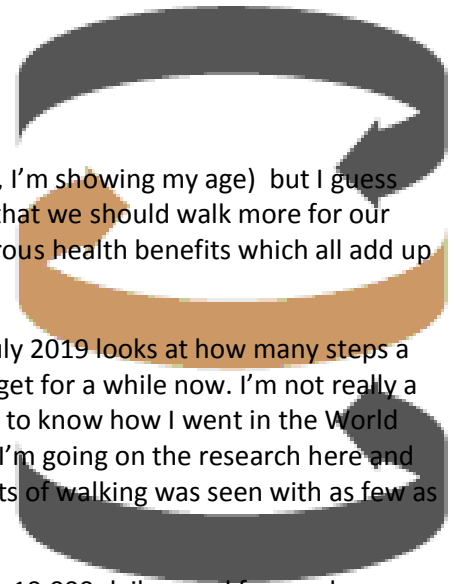
That 50 minutes a week doesn't have to be in one go. You can break that up into two 25 min sessions or build up slowly 10-15 mins at a time incorporated into a regular walking routine.

That'll get your daily steps up really quickly! (see the previous research bit on walking).

### **Key Research Findings:**

1. Running participation is associated with 27%, 30% and 23% reduced risk of all-cause, cardiovascular and cancer mortality, respectively.
2. Significant reductions in mortality risk can be expected for any dose of running, even just once a week or 50min a week.
3. There was no evidence that mortality benefits increase with higher amounts of running.

Reference paper:



BJSM Nov 2019- "Is running associated with a lower risk of all-cause, cardiovascular and cancer mortality, and is the more the better? A systematic review and meta-analysis." Dr Zeljko Pedisic, et al. Institute for Health and Sport, Victoria University, Melbourne, Victoria, Australia

### [Running Workshop with Mark Uren – Saturday 7<sup>th</sup> December 1pm- 3pm](#)

A lot of people would love to run *but*-

- have been injured running and are afraid to get back into it for fear of being reinjured,
- have heard that running is 'bad for your joints',
- are runners but get sore or injured if they increase their distance or intensity,
- just can't seem to run further or faster no matter how hard they try
- would like to start running but are unsure how

If this sounds like you then you will love this workshop-

You will learn practical techniques to run in a way that minimises the likelihood of injury.

If you already are a runner these techniques will help improve your speed, endurance and running efficiency. If you're a beginner runner or would like to start running, then these techniques will get you started running the right way.

Presenter: Dr Mark Uren (Chiropractor)

Mark has been a competitive runner for more than 50 years and has competed at National level on the track in 1500 metres and 3000 meters. Mark finished in the top 10 at the Masters World Games 10k in Sydney and has won age group races at distances from 5k to half marathon. He is the current Australian Crossfit champion in his Masters Category and recently won the International Functional Fitness Federation's World Masters Championship.

This will be a practical workshop so bring your running gear and shoes.

<https://www.eventbrite.com.au/e/run-workshop-with-mark-uren-tickets-78312379435>

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