



# Chiropractic care can increase strength, decrease fatigue and improve muscle drive

*Why this study matters.*

When your chiropractor adjusts a subluxation, it improves your strength, prevents fatigue and changes the way the brain drives your muscles.

A subluxation is a dysfunction that occurs when the nervous system isn't controlling movement of the spine as well as it should be.

*"When we adjust...subluxations, we change the way the brain processes what's going on in our bodies. Hence we are able to better process all that sensory information from throughout the body, and control the body in a better way. Our results were almost identical to three weeks of strength training"*

Neuroscientist and Chiropractic Researcher Heidi Haavik

Changes in H-reflex and V-waves following spinal manipulation.  
Experimental Brain Research. Vol 233, 4, pp 1165-1173