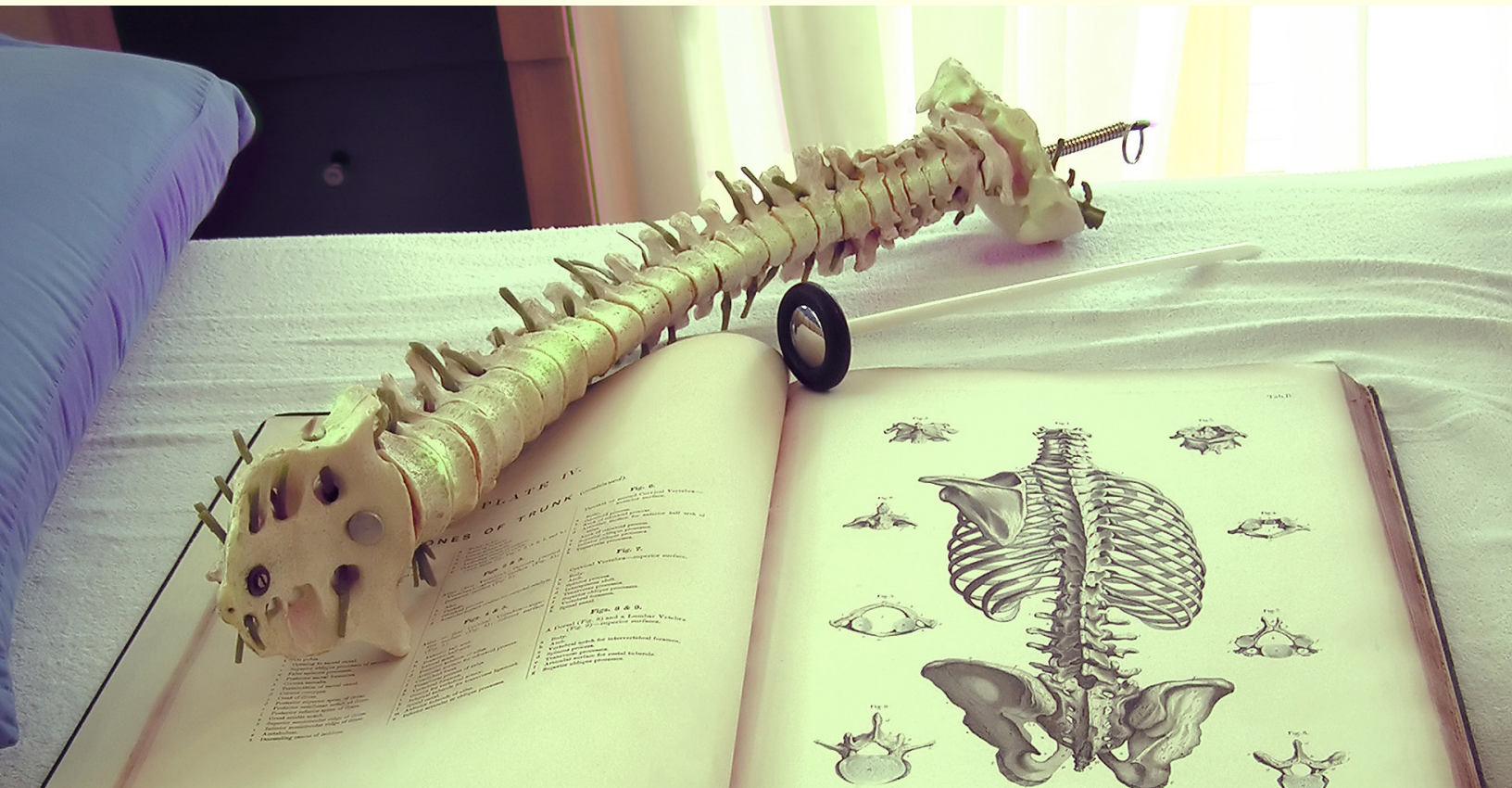


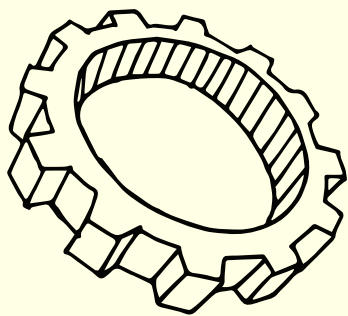
# Evidence Based Practice



*Healthcare has changed. No longer do doctors provide care based on what they read in textbooks.*

Modern healthcare should be based on relevant current research, the clinical experience of your healthcare provider, and your wishes and values.

This is called *"evidence-based practice"*.



## **Chiropractic has a great scientific basis**

We know from the science that chiropractic care improves your brain's ability to see what is going on in and around your body.<sup>4</sup> Many people say they experience improvements in the way they breathe,<sup>5</sup> or their blood pressure,<sup>6</sup> or even their digestion when they get adjusted<sup>7</sup>. We also know from science that people who have spinal problems, such as back pain, neck pain, and headaches, improve well under chiropractic care.<sup>8-10</sup>



## Chiropractic care can help

Low back pain may be due to a breakdown in the way that your brain is controlling the muscles in your back.<sup>11</sup> So, your back and brain aren't talking to each other properly, which may mean that you aren't able to control and stabilise your spine properly and protect yourself from injuring your back when you move or lift an object.

This is where a chiropractor can help. A chiropractor will gently adjust any dysfunctional spinal segments in your back, or what they call chiropractic subluxations. They do this to restore healthy spinal movement, and to improve the communication between your brain and your body, which may have an impact on the way your brain is controlling the muscles in your back. For many people with back pain, this can result in a big difference to the way they feel and function. And it can help them to get over their back pain and get back to enjoying life.

The research backs this up and tells us that for people with low back pain, chiropractic care is as effective, if not more effective, than other healthcare options.<sup>12 13</sup> More research needs to be done to work

out just how effective it is, but the research suggests there are no better health care options available.<sup>13</sup>

The same is true for other conditions such as neck pain and many types of headaches.<sup>9 14</sup> There's also lots of research being done that looks at how chiropractors can help people with all sorts of problems that may be caused by a breakdown in communication between your brain and your body. It turns out that spinal function is really important for your brain to know what is going on in and around you.<sup>15</sup>

So, when you see your chiropractor, you can feel secure knowing that the care they provide is backed up by research as well as their clinical experience. But remember your health care is your choice and you can make choices based on your own values and beliefs. And this lies at the heart of evidence-based healthcare.

So, have you seen your family chiropractor lately? If not, go have your brain/body connection finetuned, because chiropractic is all about helping you to feel great and to get the most out of life by functioning at your optimal potential!

### Disclaimer and References

This information is provided for educational purposes only. It is not intended to be professional advice of any kind. Haavik Research Ltd encourages you to make your own health care decisions based on your own research and in partnership with a qualified health care professional.

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