

Adaptability, Traumatic Brain Injury, and the Nervous System

Our body's ability to adapt is important. We rely on this for our health! We need to trust that our body will adapt if we get sick or injured and help us heal. This is especially true in times where our body is even more vulnerable to infection and diseases.

Brain injured patients admitted to hospitals for care after TBI (traumatic brain injury) or strokes often develop infections during their hospital stay. In fact, in a recent study of 64 brain-injured patients, 23 developed an infection during their hospital stay. Their heart rate variability (HRV), a measure of nervous system adaptability, was measured daily. Scientists discovered that those who were most vulnerable during their hospital stay had the lowest nervous system function. A lowered HRV for these patients means that their nervous system response was hindered! Their body could not properly adapt to the trauma and left their body more vulnerable to infections.

Especially when our body must focus on healing, the nervous system needs to be able to adapt! To improve HRV and our overall nervous system response, neurologically-based chiropractic care should be our first turn. Chiropractic care that is focused on removing interference from the nervous system provides us with a chance to restore our nervous system's ability to function as optimally as possible, and in turn, gives our body our best chance for adaptability!



Studies show that individuals with poorly adapting nervous systems are at an elevated risk of infection and disease.

Wirtz, M., Moekotte, J., Balvers, K., Admiraal, M., Pittet, J., Colombo, J., . . . Juffermans, N. (2020). Autonomic Nervous System Activity and the Risk of Nosocomial Infection in Critically Ill Patients With Brain Injury. doi:10.21203/rs.3.rs-94897/v1



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(228) 533-2733