

# Adaptability and TBI

Injuries are not always 100% preventable. While we can do our best to avoid situations where an injury is likely, we can't always predict or control the environment around us. Luckily for us, we can ensure that our body is at an optimal place where if we experience an injury, we can bounce back from it.

A recent study was conducted on the nervous systems of those who suffered from brain injuries such as concussions or traumatic brain injury and were in the ICU for treatment. Researchers used heart rate variability as a measurement to predict the recovery process and capability during the study. We know that heart rate variability (HRV) is a good measure of how our nervous system adapts. If our nervous system suffers from dysfunction, we may see an unusually low HRV – indicating the dysfunction.

This study found that the more adaptable a person's nervous system, the better their recovery from injury. This correlation between HRV and predictable outcomes in the ICU emphasizes the nervous system's role in our body's ability to recover and heal post-injury. As a result, we need to ensure our nervous system is equipped to adapt as best as it can be! Thankfully, neurologically-based chiropractic care provides us with just the right tools! Ensuring the optimal function of the nervous system allows us to be prepared for the unexpected!



**Studies demonstrate that individuals with well adapting nervous systems have better and more predictable recoveries from concussions and traumatic brain injuries.**

Zhang, P., Roberts, T., Richards, B., & Haseler, L. J. (2020). Utilizing heart rate variability to predict ICU patient outcome in traumatic brain injury. *BMC Bioinformatics*, 21(S17). doi:10.1186/s12859-020-03814-w



© Intellectual property of ChiroEdge



clearfamilieschiropractic.com

(228) 533-2733