

# Response Time In Our Most Elite

They say in life that we can't always control what happens to or around us, but what we can control is how we react. The way that we react can impact our stress levels, the way we handle situations, and more. It is vital that our reaction time is appropriate to our environment, and in some cases, the ability to respond quickly is the difference between life and death.

Clinical studies report that chiropractic care can help improve response time. When the body functions without interference (subluxation) following chiropractic care, the body can perform tasks more efficiently. For example, a recent study of high-level special operation forces military personnel found significant improvements in response time! If those who are already at the highest level of function can see improvements, what does that mean for us! It means that no matter the situation, a person's body is going to function better without nerve interference than with it. Simple.

Taking care of ourselves is essential. It's even more important to take care of those who protect us! Military personnel can face tough situations daily where they need to be able to move and think quickly. They don't always have the luxury to think a situation through and dawdle over various choices – it's crucial to respond efficiently and effectively! Military personnel put their safety and the safety of others on the line every day; it's vital that we do everything we can to ensure that they can perform at their best as safely and effectively as possible!



**Recent research demonstrated significant improvements in whole body response time in special forces military personnel following chiropractic care!**

Devocht, J. W., Vining, R., Smith, D. L., Long, C., Jones, T., & Goertz, C. (2019). Effect of chiropractic manipulative therapy on reaction time in special operations forces military personnel: A randomized controlled trial. *Trials*,20(1). doi:10.1186/s13063-018-3133-2



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