

Improving Spinal Curvature

The curve of our spine is essential to our overall health! This curvature helps support our body and properly handle stress placed on the body. Without that curve, our body can't distribute that stress or support the body correctly – leaving us with pains and aches!

A study of a 51-year-old female patient complaining of pain was conducted. The patient presented to chiropractic care with neck pain that radiated to her upper shoulders and generated headaches, back pain, and sciatic pain. Examinations revealed she had a 0-degree cervical curvature; her body was improperly equipped to handle stressors, which resulted in pain! The woman began a corrective phase of chiropractic care over the course of twelve months. At 12 months, she was re-examined, and x-rays revealed she had a 20.5-degree cervical curvature; her body was beginning to heal!

When we feel pain, we know our body is trying to tell us that something is wrong! Pain doesn't derive from a healthy body; rather, it arises from a body that needs attention and care. Our body tells us everything we need to know; we have to listen. When we hear our body, we can begin to finally heal – we shouldn't have to live in pain!



A proper spinal curvature acts as the body's shock absorber: it allows us to distribute force and minimize the impact of physical, chemical, and emotional stresses!

Knowles, DM, DC, Knowles, R., DC, & Wright, A, DC. (2018). Cervical Curvature Reorganization through Network Spinal Post Multiple Cervical Surgical Fusion: A Case Study. J. Philosophy, Principles & Practice of Chiropractic, 2018.



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