

CHIROPRACTIC AND RESPIRATORY FUNCTION

HEALTH ISSUES #51

The respiratory system works with the circulatory system to provide oxygen and to remove the waste products of metabolism. A growing body of research is showing the link between spinal structure and the role of chiropractic in respiratory health and function.



Hyperkyphosis is often associated with adverse health consequences including impaired physical function, pain and disability, impaired pulmonary function, and increased mortality.

NEUROSURGERY

Ailon, T. Progressive Spinal Kyphosis in the Aging Population. 2015



Autonomic nervous system dysfunction likely plays a role in chronic upper airway inflammatory disease. Further investigation may lead to a better understanding of autonomic nervous system dysfunction in these disorders and hence, opportunities for innovative solutions.

JOURNAL OF OTOLARYNGOLOGY

Liu H, Postoperative respiratory complications in older children: prevalence and risk factors 2009;38(1):49-58

A study of respiratory dysfunction in chronic neck pain patients demonstrated a strong association between an increased forward head posture and decreased respiratory strength.

CEPHALALGIA

Kapreli, E. Respiratory dysfunction in chronic neck pain patients. July 2009

A study of 30 patients showed that spinal adjustments improved respiratory function tests which included forced vital capacity (FVC) and forced expiratory volume in one second (FEV1).

JRNL OF PHYSICAL THER SCIENCE

Shin, D. Ph.D. Effects of spinal manipulation on respiratory functions. 9: 2016

83% of the participants reported improvements in lung function and exercise performance following spinal adjustment procedures.

Engel R. Spinal manipulation in COPD J Altern Complement Med. Sept 2011

