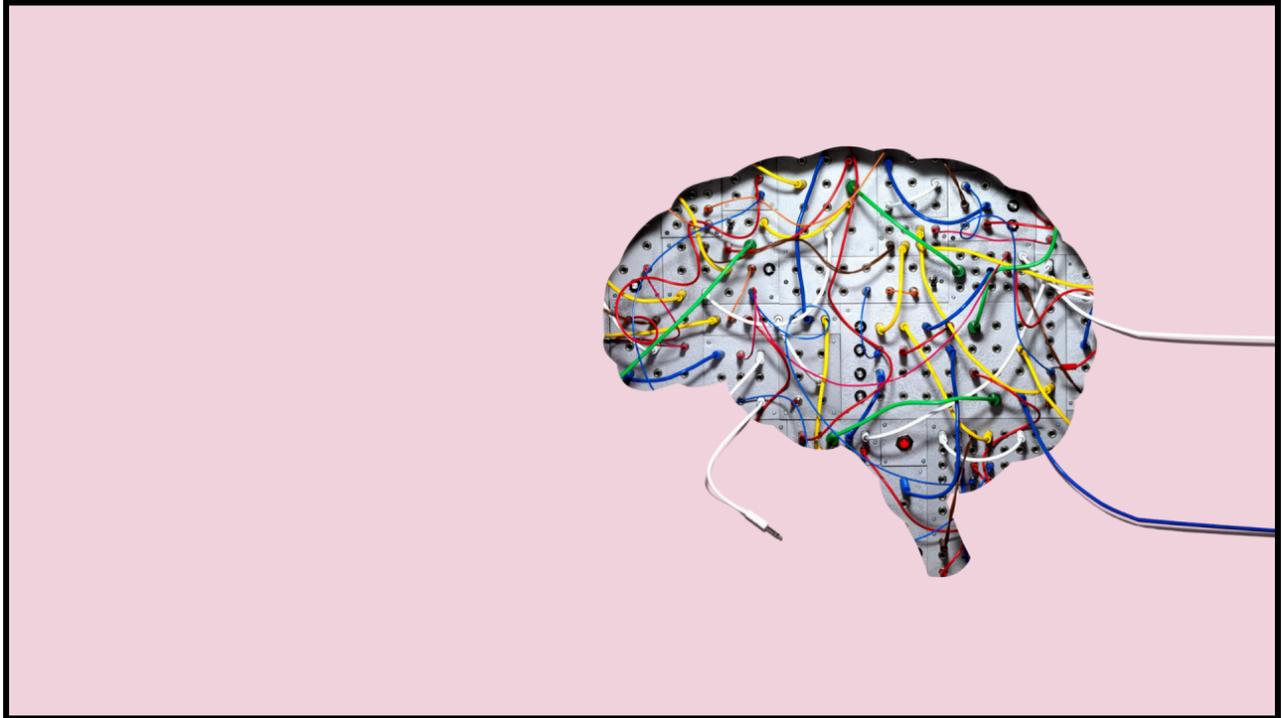




Chiropractic Care and Neuroplasticity



When people think about chiropractic care, they usually picture adjustments for back or neck pain. But a growing body of research shows that chiropractic care can do much more, influencing how the brain functions and adapts over time. Specifically, chiropractic adjustments improve something called **neuroplasticity** — the brain’s ability to reorganize, form new connections, and adapt throughout life.

Neuroplasticity is the brain’s natural ability to change and rewire itself. This incredible feature helps us learn new skills, recover from injuries, and adapt to new situations. Strong neuroplasticity is essential for maintaining cognitive function, motor control, emotional regulation, and overall brain health as we age.

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Factors like chronic pain, poor posture, spinal misalignments (subluxations), and even everyday stress can interfere with how well the brain and body communicate. Over time, these disruptions weaken the brain's ability to adapt and function optimally.

The Link Between Chiropractic Adjustments and Brain Function

A pivotal study published in *Neural Plasticity* by Dr. Heidi Haavik and Dr. Bernadette Murphy (2012) found that spinal adjustments lead to changes in how the brain processes sensory information.

Their research showed that after chiropractic adjustments, participants exhibited improvements in sensorimotor integration — the way the brain interprets and responds to information from the body. In other words, chiropractic care didn't just affect the spine. It changed the way the brain perceived and controlled movement. When spinal joints aren't moving properly, they can send “error messages” to the brain, confusing the body's sensory and motor systems. Chiropractic adjustments help clear up these mixed signals, leading to improved body awareness, coordination, and adaptability. This strengthens neuroplasticity by promoting healthier, more efficient brain pathways.

Neuroplasticity is crucial for everyone. Better brain-body communication leads to improved balance and posture, faster recovery from injuries, better focus and cognitive function, reduced pain and stiffness, and enhanced ability to handle stress.

Source:

Haavik, H., & Murphy, B. (2012). The role of spinal manipulation in addressing disordered sensorimotor integration and altered motor control. *Neural Plasticity*, 2012, 1–12. <https://pubmed.ncbi.nlm.nih.gov/22483612>