



Spinal Cord Injuries and Chiropractic Care



Understanding Spinal Cord Injuries and How Chiropractic Care Can Support Recovery

A spinal cord injury occurs when the delicate bundle of nerves and tissues inside the spine becomes damaged. The spinal cord plays a critical role in carrying messages between the brain and the rest of the body, controlling movement, sensation, and essential bodily functions.

The spinal cord is shielded by the vertebrae—stacked, hollow bones designed to protect it from injury. These bones absorb much of the force from everyday impacts, but they have their limits. A severe blow to the spine, such as from a car



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accident, sports injury, or fall, can cause a vertebra to fracture. In some cases, these fractures press against the spinal cord, leading to nerve damage.

Recovery from a spinal cord injury often requires an extensive rehabilitation process, which may include physical therapy, occupational therapy, medication, surgeries, and ongoing medical care. This conventional approach can be demanding and exhausting.

Chiropractic care plays a valuable role in both prevention and recovery. Chiropractors use precise, hands-on adjustments and gentle pressure techniques to realign the vertebrae, reduce spinal stress, and restore mobility. This not only supports spinal health but can also relieve pain and improve function throughout the body—helping patients move more freely, reduce discomfort, and enhance overall quality of life.

By addressing misalignments and promoting proper nervous system function, our chiropractic care is a holistic, non-invasive way to complement traditional rehabilitation efforts and support the body's natural healing process, while also utilizing the 5 Essentials to achieve optimal health

Source:

“Spinal Cord Injuries: Can a Chiropractor Help?” *Specific Care Chiropractic*, (2023).
<https://sc-chiro.com/spinal-cord-injuries-help-chiropractor/>

“The Role of a Chiropractor in Spinal Cord Injury Rehabilitation” *Reinhardt Chiropractic & Wellness*, (2025).