

koru chiropractic

WELLNESS CENTRE



Please take home this paperwork as it is important for your understanding.

Treatment Information.

Chiropractic

Chiropractic was founded in 1895 by D.D. Palmer. Since then it has grown and evolved. Conventional chiropractic uses adjusting the spine to allow the individual receiving the adjustment to better cope with their environment. D.D. believed that when the spine was correct in alignment, the body would be correct in the environment. Chiropractic has had great success in the last 108 years with many problems that have had no other source of treatment or cure.

The Chiropractic Education

Chiropractic physicians attend an undergraduate program with the same prerequisites as medical schools require. This includes 90 hours of undergraduate credit, specifically a minimum of 8 hours biology, 12 hours chemistry, 14 hours physics, 8 hours psychology, and other varied political science and liberal arts hours.

Chiropractic College is a five-year program that is comparable to medical school. The number of hours the chiropractic physician has spent in physiology, anatomy, biochemistry, and histology is higher than the number of hours the medical doctor has. Chiropractic physicians also have 2 years of internship before they graduate from Chiropractic College in order to gain clinical experience.

Chiropractic Neurology

A Fellowship in Chiropractic Neurology (Consultant Chiropractic Neurologist) is a minimum 3 ½ year (400 hours) of 4th level study, most Chiropractors will complete twice this in clinical and self directed studies.

Dr. Ted Carrick founded the Chiropractic Neurology program with the idea that a higher clinical understanding of the human body and all of its systems could be gained through windows in the nervous system. Since the nervous system is the master system of the body, as defined by *Gray's Anatomy* one who successfully treats the nervous system can have success with disorders of the entire body. The nervous system controls all and therefore has a hand in all. Treatment of the nervous system is the key to chiropractic neurology.

Chiropractic Neurology and Your Treatment

The nervous system works via three mechanisms: feedback, feedforward, and efferent copy.

As said above, conventional chiropractic adjusts the spine in order to help the individual better adapt to their environment. This is the use of a feedback mechanism. Feedback uses input from the body into the nervous system. This includes adjusting the spine and extremities, stretching muscles and massage, most electrotherapies, and head tilts and so on. All of these modalities are used in this office.

Feedforward utilizes input to the cerebral cortex from the cerebellum. These structures regulate virtually every function in your entire body and so utilizing these in treatment can have a profound effect on the outcome of your condition. An example of feedforward is eye exercises appropriate to your case. Feedforward modalities are also a cornerstone of treatment in this office.

Efferent copy utilizes input from the cerebral cortex to the cerebellum and, thus, the body. This is another very powerful mechanism by which the nervous system works. Citations for this have even begun to work their way into mainstream media. The March issue of *Self* magazine has even cited efferent copy as effective in an individual's health. An example of efferent copy would be cognitive exercises.

Chiropractic Neurology and Head Injuries

Chiropractic Neurologists are qualified for the diagnosis of head injuries and the level of impairment they may cause the individual. The difference lies in treatment. Neurosurgery has a very high risk to outcome ratio. Few medications truly work in the treatment of head injuries as most popular medications such as Prozac and Paxil actually result in a decrease in brain activity. The Chiropractic Neurologist via feedback, feedforward, and efferent copy mechanisms increases brain activity, an element essential to the successful

outcome in management of head injuries. The diagnostic skills the Chiropractic Neurologist acquires provide knowledge of what level of stimulation is appropriate for the individual to further increase the likelihood of a full recovery.

Chiropractic Neurology and Musculoskeletal Injuries

Since Chiropractic Neurology allows more diagnostic and treatment options, the outcome of musculoskeletal injuries is also increased in that more progress is made during each visit. This includes back and neck injuries as well as injuries to the extremities. Rehabilitative procedures that take into account the presentation of the entire patient, rather than treating the site of injury segmentally are essential to the smooth and efficient recovery of musculoskeletal injuries. Since the nervous system is intimately related to the musculoskeletal system, Chiropractic Neurology excels in the treatment of musculoskeletal injuries.

Chiropractic Neurology and Pain

The perception of pain is a very intimate experience. No two people experience or react to pain in the same way. Therefore tracking pain is not a good way to follow the progress of your case. It is very possible you will be out of pain very quickly. Until the proper neuroplasticity is built within your nervous system treatment should continue, no matter your level of pain or lack thereof. It is absolutely essential to your health to continue with the recommended course of care no matter how good or bad you feel. The neurological exam is paramount to gauging your progress and you will continue to be evaluated on every office visit to make sure your case is progressing appropriately and that the care of a Chiropractic Neurologist is right for you.

Concept of Neuroplasticity

This concept is very similar to strength of a muscle. The more one works out, say for example their biceps, the bigger and stronger the biceps will be. The same can be said for neurons and neuronal tissues. Neurons need Oxygen, Glucose and Stimulation for them to function. Your therapy will ensure that you reach minimum levels of oxygen, glucose and stimulation this may include breathing exercises, dietary controls or blood tests to check for Anemia's or Diabetes.

Since chiropractic neurology utilizes feedback, feedforward, and efferent copy mechanisms, the neuroplasticity in systems gained from treatment is higher than the use of only one mechanism.

This process is very involved and requires 100% commitment from the patient, less than that, your results will not be as described by your Functional Neurologist and the duration of treatment will be longer, it truly is a case of your get out what you put in.

Most sets of exercises need to be repeated up to 10,000 times to drive the nervous system and genomic response into plastic change and formation of new nerve connections, strengthen pathways and or inhibit abnormal/compensatory pathways which cause your symptoms.

Missed appointments

Missed appointments are much the same as missed workouts in that if one misses workouts, say for example again the biceps, the biceps will become weaker and smaller and not function as well. The same occurs with the nervous system. If a patient misses appointments, they are jeopardizing their opportunity to develop neuroplasticity and resolve their condition.

Thank you for taking the time to read this important information

I will see you and answer more questions at your next Chiropractic Neurology appointment

Dr Stefan Billing B.Sc, B.Chiro., DACNB
Consultant Functional Neurologist