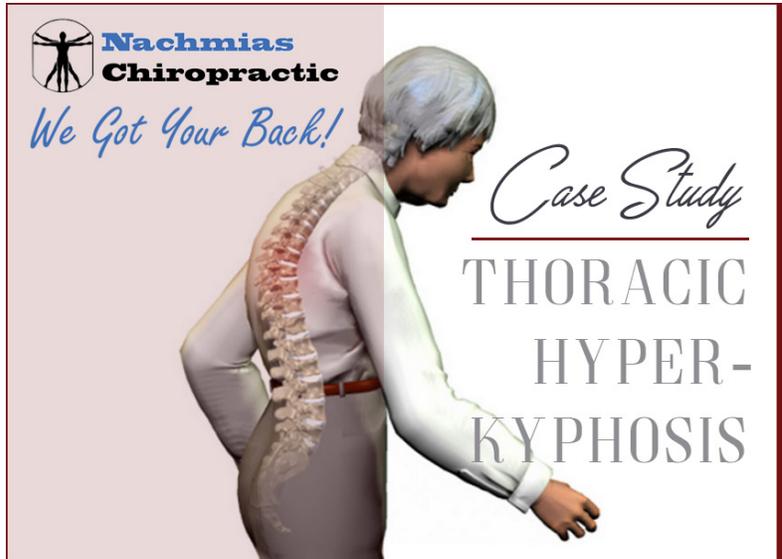


Increased Lung Function And Quality of Life in Asymptomatic Subjects Following Reduction in Thoracic Hyperkyphosis And Vertebral Subluxation Utilizing Chiropractic



Thoracic hyperkyphosis, commonly known as hunchback, is described as an excessive antero-posterior curvature of the thoracic spine of greater than 40°. The thoracic part of the spine has a forward rounding, well known as 'kyphosis'. This thoracic curvature is the result of a slight wedging of the vertebrae.

Thoracic hyperkyphosis is a defect that is easy to see from the side, in a lateral point of view. This is detected when the flexion curve of the thoracic part is over 40°. It is also important to know that the stability of the thoracic spine is connected with the rib cage and his articulations. For this reason, thoracic hyperkyphosis could have detrimental effects on other functions such as breathing.

Find out more regarding what chiropractic can do to better this condition and increase overall lung function from this case study below:

Abstract - Bases On A Case Series

Objective

To report the changes in thoracic hyperkyphosis, lung volume output, and quality of life recorded in a series of asymptomatic patients following reduction of subluxation utilizing chiropractic adjustments.

Definition of asymptomatic: The term asymptomatic means literally the absence of symptoms. It describes a condition that is present, but in which a person does not show any outward signs or symptoms of the disease.

Clinical Features

Two males and one female presented to the office for chiropractic consultation with no symptomatic complaints. Evidence of vertebral subluxation and thoracic hyperkyphosis was present in all three cases. In all of the subjects, none of their upper thoracic spines were able to make contact with the table while laying supine.

Interventions and Outcomes

Chiropractic care included CBP mirror imaged exercises, adjustments, and traction. The adjustments incorporated CBP mirror image and diversified high velocity, low amplitude thrusts. Extension exercises and traction of the thoracic spine was utilized.

Posture Ray Radiographic software was used to measure thoracic kyphosis, lung volume capacity was measured using a respirometer, and SF-36 quality of life surveys scored with Health and Wellness Score were used to determine quality of life changes before and after care.

Conclusion

Reduction of the thoracic kyphosis angle was recorded in all patients with an average decrease of over 10 degrees. Increased lung function in both peak expiratory flow (PEF), and forced expiratory volume (FEV) were recorded along with improvements in SF-36 scores documenting improved quality of life.

(Sources: verywell.com, physio-pedia.com & chiropracticpediatrics.sharepoint.com)

Chiropractic Treats Asthma Symptoms

We want to take this opportunity to inform you that chiropractic is also an excellent treatment option for asthma symptoms. You can read more about how to treat asthma with chiropractic care from a prior article here: <http://calldradam.com/get-answers/treat-asthma-with-chiropractic/>

Your Chiropractor Dr. Adam Nachmias – Nachmias Chiropractic

When in need of a Chiropractor, Dr. Adam Nachmias at Nachmias Chiropractic, is the number 1 choice for New York patients. Dr. Adam is an expert, licensed, and well awarded chiropractor with 28 years experience of chiropractic care.

Dr. Adam got awarded 2016's Best Chiropractor in New York for the 2nd year in a row by opencare.com and expertise.com.

Nachmias Chiropractic has practices in both Bayridge and Manhattan, New York.

To book an appointment with Dr. Adam Nachmias, call any of our offices:
Brooklyn: 718-238-8900
Manhattan: 212-924-1700

Or book your appointment online: <http://calldradam.com/contact/book-online/>

Find Relief With The Help Of Nachmias Chiropractic!