

CHIROPRACTIC AND BLOOD PRESSURE

HEALTH ISSUES #31

Elevated blood pressure is one of the leading risk factors for global mortality. A growing body of research is demonstrating the relationship between spinal structure and systemic issues including blood pressure. Chiropractic adjustments are not a treatment for blood pressure issues. Their purpose is to restore and maintain proper spinal structure and alignment to allow the body to function properly and to optimize its inherent healing capability.



Researchers have found a direct neural connection between the neck muscles and a part of the brainstem called the nucleus tractus solitarius, which plays a crucial role in regulating heart rate and blood pressure.

THE JOURNAL OF NEUROSCIENCE

Edwards, I. The Neurochemically Diverse Intermediary Inhibitory Synaptic Input to the Nucleus Tractus Solitarius
1 August 2007, 27 (31) 84-8333

A comprehensive study revealed a significant association between loss of cervical lordosis and decreased vertebral artery function. The decreases included diameter, flow volume, and peak systolic velocity.

MEDICAL SCIENCE MONITOR

Bulut MD, Alpayci MD, Decreased Vertebral Artery Hemodynamics in Patients with Loss of Cervical Lordosis 2016 Feb 15;22:495-500

“Cervical spondylosis may be one of the causes of secondary hypertension.”

MEDICINE

Baogan Peng, MD, Ph.D, Cervical Spondylosis and Hypertension, 2015 Mar; 94(10): e61



"High correlation has been observed between disorders of the cervical spine and hypertension."

BIOMED RESEARCH INTERNATIONAL

Zong-Baoe He, Atlantoaxial Misalignment Causes High Blood Pressure. 2017



75 patients showed statistically significant changes in blood pressure following Chiropractic adjustments.

JRNL. MANIPULATIVE PHYSIOL. THER.

McKnight, "Preliminary Study of Blood Pressure Changes in Subjects Undergoing Chiropractic Care. 1988; 11(4): 261-266

Anatomical abnormalities of the cervical spine at the level of the atlas vertebra are associated with relative ischemia of the brainstem circulation and increased blood pressure. Manual correction of this misalignment resulted in reduced arterial pressure.

JOURNAL OF HUMAN HYPERTENSION

Bakris, G. Dickholtz. M. Meyer, P. Atlas vertebra realignment and achievement of arterial pressure goal in hypertensive patients:



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