

Breathing assists adjustments

Question: My chiropractor is always telling me to breathe different ways when he adjusts me. What is the purpose of this?

Answer: Breathing to help an adjustment is called respiratory assist. Some chiropractors coordinate your breathing with your adjustment as a means of relaxing you while other chiropractors use your breathing to heal the spine. All tissues in the body respond to increased and decreased oxygen supply. Your brain depends upon oxygen for all its functions. As you breathe your cranial bones move ever so slightly. As minute as that movement is, it can be the difference of getting headaches or feeling relief in your skull. There is an entire art of balancing cranial position dedicated these conditions called craniopathy.

Your skull and spine are covered with three tight adhering layers called meninges. The meninges, dura, pia and arachnoid matter, run the course of your spine from your skull and attach into your sacrum and coccyx bones in your buttocks. As you breath your meninges expand and retract creating a simultaneous movement of your head and sacrum. These subtle movements stimulate fluid to bath your spine, allowing nerve conduction to be uninterrupted and move quickly as possible. This function of the body is called the sacral occipital pump. There is an entire chiropractic technique dedicated to making sure this function is working up to par and it is called the sacro-occipital technique (S.O.T.). By gentle stimulating the back of the skull while stretching the sacral base of the lower spine in conjunction with co-coordinating the patients breathing, stimulates the natural pumping action of the cerebral spinal fluid

pump. As complicated as all this may sound it is a very gentle simple technique. Unlike firm type adjustments using pressure with hands or instruments, these types of treatments can assist any patient in almost any condition. We use this technique to relax the spine as well as make corrections.

Breathing brings oxygen to all the tissues of your body and understanding how the respiratory phase you're in is affecting you at any moment is helpful. As you expel your air out of the thorax your spine is suppler and it is easier to adjust. These co-coordinated movements are called respiratory assist and this is why your chiropractor may be concerned about your breathing while you are adjusted.

Quote of the week: "Anxiety is the interest paid on trouble before it is due." –

Anonymous