

Chiropractic and Stroke

Strokes are scary! They occur as a result of reduced blood flow to the brain and results in the death of cells. With strokes, we never truly know what the damage will be, nor do we know what the exact recovery process will look like as it can vary on a case-by-case basis for each person. Strokes are the 2nd most common form of deaths globally. It's estimated that 200 out of every 100,000 people suffer from a stroke. The enormous amount of effort that comes into play in the recovery process, the monetary burden, and overall burden on surrounding loved ones means a high economic and social burden by strokes across the world.

Recovering stroke patients are closely watched and are studied under a series of tests to monitor any improvements in the recovery process. It's often easy to feel helpless when watching someone we care for work towards better health after a major setback, but that doesn't mean there aren't any options. Studies show that chiropractic care can help stroke patients recover better health. A study was recently conducted in which 17 men who suffered from strokes were analyzed through EEG tests before and after chiropractic care to see the impact that chiropractic care truly could have on brain recovery. Just one session of chiropractic care revealed a 39% spike, picked up by the EEG. This spike can be linked to an increase in sensorimotor function – meaning that chiropractic care can help improve function in stroke recovery!

If chiropractic care can help boost function by that much in just one session, imagine what a long-term care plan can do for those struggling to recover! Chiropractic care helps restore the function of the nervous system, allowing our body its best chance to heal, recover, and truly thrive. Nobody should have to struggle!



**Research
demonstrates
that chiropractic
care may play a
crucial role in
improving
sensorimotor
function in
stroke patients.**

Navid, M. S., Niazi, I. K., Lelic, D., Nedergaard, R. B., Holt, K., Amjad, I., . . . Haavik, H. (2020). Investigating the Effects of Chiropractic Spinal Manipulation on EEG in Stroke Patients. *Brain Sciences*, 10(5), 253. doi:10.3390/brainsci10050253



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