

Monthly Wellness Bulletin

Chiropractic Improves Range of Motion

In the “Wizard of Oz,” every joint on the tin man’s body was frozen solid. Time and the elements had taken their toll and severely limited his ability to freely move his spine and extremities. In medical terms, he suffered a dramatic loss in range of motion (ROM). A few drops of well-placed oil soon restored the tin man’s ability to move. Restoring ROM in the human body requires a different kind of “oil,” an adjustment, which is a gentle and safe maneuver that restores ROM and gets patients back on the yellow brick road to recovery.



The Importance of ROM in...

Everyday Activity

The most important feature of ROM is that it allows you to perform everyday activities, from lifting your arm to combing your hair to walking. Think about how much mobility your spine needs in a single day (starting and ending positions—flexion & extension, rotation and side bending): when you are tying your shoes, backing up a car, washing your hair and crossing the street.

Optimal Performance

Every moment of our lives requires billions of subtle and dramatic physical movements, AND optimal joint performance requires optimal range of motion. An adequately functioning musculoskeletal system is a key factor for functional capacity and good quality of life. Impaired functional capacity and degenerative diseases of the musculoskeletal system are some of the most prevalent and increasing sources of physical suffering and morbidity in today’s society.

Preventing and Treating Arthritis

Chiropractors know that optimal ROM keeps joint cartilage healthy. When ROM is restricted, joint cartilage dries and degenerates. A lack of cushioning stresses the surfaces of bones making up the joint, and results in osteoarthritis. ROM also helps in the management of existing arthritis. Examination of the joint range of motion gives valuable information about the distribution of the disease and helps the chiropractor to focus on the areas of involvement.

Preventing Aches and Pains

Physical activity, particularly activity that enhances and maintains ROM, has the potential to postpone or prevent prevalent musculoskeletal disorders such as mechanical low-back pain, neck and shoulder pain, osteoporosis and related fractures.

Athletic Excellence

ROM is key to succeeding at any sport. For example, shoulder ROM is essential for a perfect golf swing or for pitching a strike. Knee and hip ROM are vital to a winning soccer kick and for completing a long distance marathon.



Call our Clinic Today for a full Chiropractic Consultation and found out about your personal Range of Motion. 314.644.2081.