



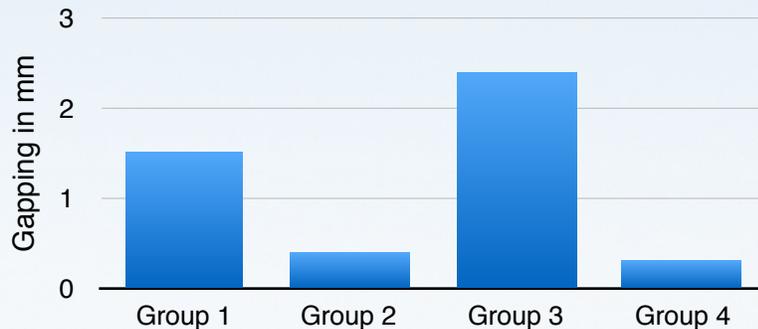
# WHITE MOUNTAIN

## Chiropractic & Rehabilitation

### The Effects of Side-Posture Positioning and Spinal Adjusting on the Lumbar Z-Joints

*SPINE, Volume 27, Number 22, pp 2459-2466. 2002*

Graph Comparing the Greatest Gapping of the Left Z Joints



**Group 1-** side posture

**Group 2-** adjustment (manipulation) then neutral

**Group 3-** adjustment (manipulation) then side posture

**Group 4-** control (neutral then neutral)

Painful, arthritic, and degenerative facet (or Z) joints are a common problem for patients with a sedentary, inactive lifestyle. This is exacerbated by the posterior migration of the instantaneous axis of rotation as we age, thus further loading the facet joints. Medication, and eventually RFA's, are frequently used for treatment. However, research continues to clearly support the use of Chiropractic care for these patients.

Chiropractic adjustments (manipulation) were shown to significantly gap the facet joints in this study. Gapping of the facet joints may release articular adhesions, alter the pain sensitivity threshold of the local sensory nerve fibers, stimulate a muscle spindle stretch response, and impact the central nervous system. These are a few of the proposed mechanisms by which the Chiropractic adjustment can be used to decrease pain and increase the functional status of patients suffering from facet disease.

*"...hypomobility may be the result of injury, inactivity, or repetitive asymmetrical movements."*

*"...gapping breaks up adhesions, thus helping the motion segment reestablish a physiologic range of motion."*

*"They found significant differences between several groups in this study, with the group that received chiropractic adjustments and remained in the side-posture position showing the greatest increase in gapping. This finding is consistent with the hypothesis that chiropractic adjusting gaps the Z joints."*

*"...the authors believe that these differences (in gapping) are not only significant, but that they also may be clinically relevant."*

We believe in creating a healthier community. We believe patients have better outcomes when physicians work together.  
Let's build a healthier tomorrow.