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**The effects of regular chiropractic care on muscular strength**

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The purpose of our study was to explore the relationship between regular chiropractic care and muscular strength. Chiropractic practice philosophy states that the correction of vertebral subluxation complex promotes health through enhancing neurological integrity. Accordingly, chiropractic adjustments aimed at reducing vertebral subluxation complex (VSC) should also reduce neurological interference at the involved levels. A reduction of interference to the nervous system would thereby allow muscles to more fully express their functional potential, including an improvement in strength. One Repetition Maximum (ORM)-the maximum amount of weight one can lift in a single repetition for a given exercise. There is a significant correlation between one repetition maximum and muscular strength. B.J. Palmer explained that when bones of the spine misaligned they had the potential to put pressure on nerves, which could lead to interference of mental impulses between the brain and body. Recently the vertebral subluxation complex model has been revised to include kinesiology, neurology, myology, connective tissue pathology, angiology, inflammatory response, anatomy, physiology and biochemistry. These are the objective indicators of the presence of vertebral subluxation complex. It is proposed that vertebral subluxation complex manifests differently in different people depending on a variety of variables such as location of biomechanical changes in the spine.

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