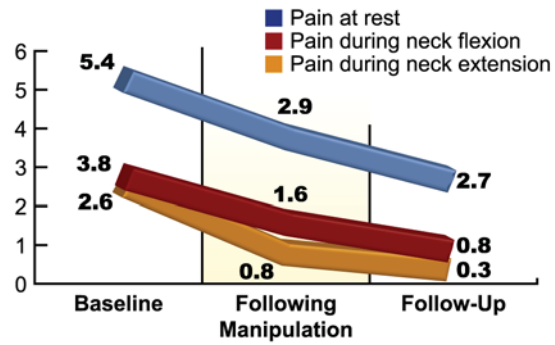


The Power of the Adjustment

Results of a case series published in *JMPT* emphasize that even a single chiropractic adjustment can do wonders for patients suffering from mechanical neck pain:*



*0-10 pain scale (0 = no pain, 10 = maximum pain)
Similar improvements were noted for left/right lateral flexion and left/right rotation following manipulation.

SOURCE: Fernández-de-las-Peñas C, et al. Changes in neck pain and active range of motion after a single thoracic spine manipulation in subjects presenting with mechanical neck pain. *JMPT*, May 2007;30(4):312-20.