

Health Report

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CHIROPRACTIC MAY IMPROVE MENTAL FUNCTION!

A study was conducted in a private office setting to assess the influence of upper cervical subluxation and its correction on specific mental functions.

Forty subjects were examined using Assessment of Cognitive Mental Functioning (Microcog), which is a computer-administered and scored test that assesses neurocognitive function in adults. Nine categories are scored: attention/mental control, memory, reasoning/calculation, spatial processing, reaction time, information processing accuracy, general cognitive functioning and general cognitive proficiency.

Thirty of the subjects were examined via Microcog before receiving their first upper cervical adjustments. A repeat examination was performed four weeks following the initiation of care.

The other ten subjects, who served as controls, had the same protocol except that they were given sham adjustments.

Significant improvements were observed in the neurocognitive function of the group receiving upper cervical care. The control group did not respond in the same way. The study suggests that upper cervical chiropractic care may positively affect neurocognitive function.