

CHAPTER 8

Spinal Rehabilitation Fundamentals

- **Lesson Purpose**

To give the student a comprehensive review and knowledge of spinal rehabilitation fundamentals.

- **Lesson Objective**

Upon completion the student will:

- Learn the basics behind spinal rehabilitation
- Understand the phases of spinal rehabilitation
- Learn the concepts of muscle mechanics and proprioception
- Learn typical spinal rehabilitation protocol sets

“If I think I can, even if I don’t have necessarily the ability to do it, I may actually do it. And, if I think I can’t, given that I have the ability to do so, I’m likely not going to do it.”

***Adapted from :
American Society of Exercise Physiologists⁸***

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Review pages 220-278 in the textbook for this section of the workbook

DEFINE YOUR KNOWLEDGE

In the chiropractic setting, rehabilitation is the administration of corrective biomechanics to joints and soft tissues. The purpose of rehabilitation is to treat biomechanical weakness, imbalance, dysfunction, recovery of metabolism, and blood flow demands to the muscle tissues. The use of spinal rehabilitation is important in minimizing or preventing the reoccurrence of back injuries.

The basis of spinal rehabilitation is guided by the **S.A.I.D.** principle, **S**pecific **A**daptation to **I**mposed **D**emands. This principle basically means that our body will make physiological, neurological, and psychological adaptation to stresses applied to the body. For these adaptations to be the most beneficial, the demands should be specific to the patient's job, sport, or specific task. The goals of the S.A.I.D. principle are to:

- 1) Reduce neuromuscular compensation and activities that induce inflammation.
- 2) Restore proper activities of daily living.
- 3) Restore and establish proper kinetic chains during exertional activities.