Determination of postural changes pre and post of chiropractic manipulation in a population of distance runner students of the University Estatal del Valle de Ecatepec

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The posture is the physiological interaction of the osseous system; muscle and nerve allow adopting a suitable stability and the same distribution of the loads (weight). The objective is to analyze the postural changes, pre and post chiropractic manipulation in a population of students of the UNEVE and n=30 students were included in the study, which previously trained by two months, before starting the plan of treatment. Before and after the chiropractic treatment of each student, they took a picture on the Spinal Analysis Machine (SAM), in an anteroposterior and lateral position (cervical, dorsal and lumbar spine and the distribution the weight on the lower extremities). The treatment plan was two adjustments by week for three months. Finished the treatment, the 63.3% (n=19) are female and 36.7% (n=11) are male. The analysis of average (n=30) pre vs. post treatment indicate significant differences in the right dorsal spine ($p<0.01$) and the weight of the left extremity ($p<0.02$). To analyze separately in each gender, we observed significant differences pre vs. post treatment in the right cervical spine ($p<0.006$) and lateral anterior line ($p<0.007$) in male. Therefore, in female, we observed significant differences in the right dorsal spine ($p<0.008$) and the weight of the left extremity ($p<0.009$). According with our results, the chiropractic treatment help to redistribution of the loads (weight) in both extremities, this treatment helped the alignment in a cervical spine, shoulders and pelvic spine in a best way. Therefore, the chiropractic manipulation affects in a positive way the biomechanical stability.

Biography

Enrique Montiel Flores has completed his Science of Biology degree at National Autonomous University of Mexico (UNAM) and; Master's degree in Science of Neurology at UNAM. He is a Faculty member and Researcher of Universidad Estatal del Valle de Ecatepec (UNEVE). He is a Coordinator of academic body of investigation in health.

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