# Subluxation

### What is a Subluxation?

Subluxation is a condition in which one or more spinal bones (vertebra) misalign and get locked out of place. This condition can and does occur in all areas of the spine. It can also occur with misalignment of bones in the extremities. This leads to obstructed nerve flow through the spinal cord, spinal nerve roots, and peripheral nerve branches. It also often leads to disc degeneration, bone spurs and changes in the muscles, tendons, and ligaments surrounding the affected area.

Proper nerve flow is required for <u>all areas</u> of your body to function efficiently. When bones misalign and lock out of place (subluxation) other areas of your body, besides the spine and extremities, will begin to suffer. Any disruption or obstruction in nerve flow, due to subluxation, will cause malfunction and distress with that affected organ or gland.

People often associate subluxation with neck/back pain or "pinched nerves". While that can be the case, pain happens only in a minority of the cases. In most cases subluxation will not cause any symptoms at all. It may advance silently...pain free...all the while wreaking havoc in other areas of your body due to the disruption of nerve flow as explained above. People do not think of subluxation as the cause of the decreased or altered function they are experiencing. This is precisely because they do not understand the literal connection, through the nervous system, the spine has with all areas of the body.

### What causes Subluxation?

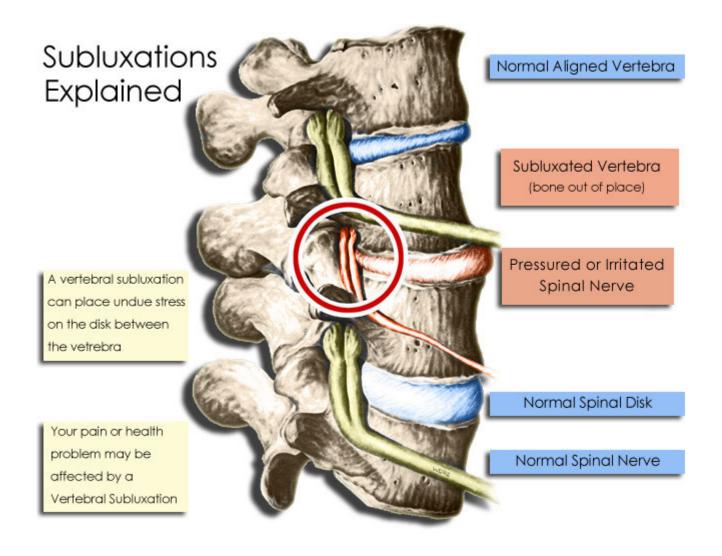
The bones in your spine come together at two small joints and a spinal disc. These connections keep the spine lined up while still allowing each spinal bone to independently move. Subluxation is caused by a <u>shift in the alignment</u> of one or more of these small joints and/or the spinal discs. This shift allows for the spinal bones to move out of alignment and lock in that misaligned position.

The shifting of these bones may be caused by any number of traumas or stressors that we all experience throughout our lives. Two of the most common are:

<u>Physical Trauma</u>: <u>Big</u>: motor vehicle accidents, slips, falls, sports injuries, birth, etc. Small: repetitive movements, ergonomics, posture, smart phones, etc.

Emotional Stress: This stress can be good or bad. Emotional stress can often cause tightening of the muscles which pull the spine out of its proper alignment.

Subluxation affects children (birth process, falling while playing and walking, emotional stress, etc.) and teens (sports, motor vehicle accidents, poor posture due to improper smart phone/laptop usage, overloaded backpacks, emotional stress, etc). Adults can develop subluxation not only for all of the same reasons, but also because of ongoing wear and tear on their spines.



## How is Subluxation diagnosed and treated?

Your chiropractor will evaluate your spine to see if there are any obvious misalignments in your spine. If spinal misalignments are detected, your chiropractor will look at X-rays of your spine to determine how much your spine has misaligned (subluxated) and how much damage those subluxations have caused. An appropriate protocol of correction will be recommended. This protocol will include a series of spinal adjustments over time, appropriate spinal exercises, and ergonomic/lifestyle changes.

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- A condition that can and does occur in all areas of the spine.
- A condition that can also occur in the extremities.
- A condition that leads to obstructed nerve flow through the spinal cord, spinal nerve roots, and peripheral nerve branches. It also often leads to disc degeneration, bone spurs and changes in the muscles, tendons, and ligaments surrounding the affected area.

Proper nerve flow is required for <u>all areas</u> of your body to function efficiently. When bones misalign and lock out of place (subluxation):

- Other areas of your body, besides the spine and extremities, will begin to suffer.
- Disruption or obstruction in nerve flow occurs which will lead to malfunction and distress with those affected organs and glands.

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