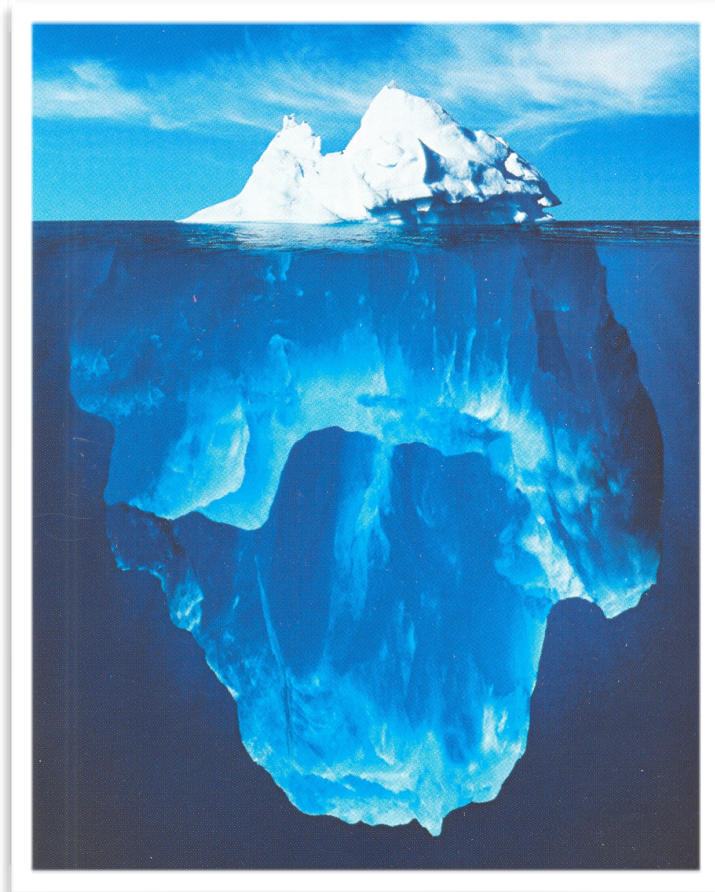


# The Vertebral Subluxation Complex

**Symptoms can be Misleading**



**We find the Hidden Cause**

By the time obvious symptoms rise to the surface, it is usually a sign of a larger problem.

Pain is just your body's warning sign that something is wrong.

Chiropractic corrections can help locate and correct hidden problems before they worsen.

This document explains how Your Spine impacts on Your Health and how Chiropractic is Vital for You to have Optimal Health.

## What Is Subluxation?

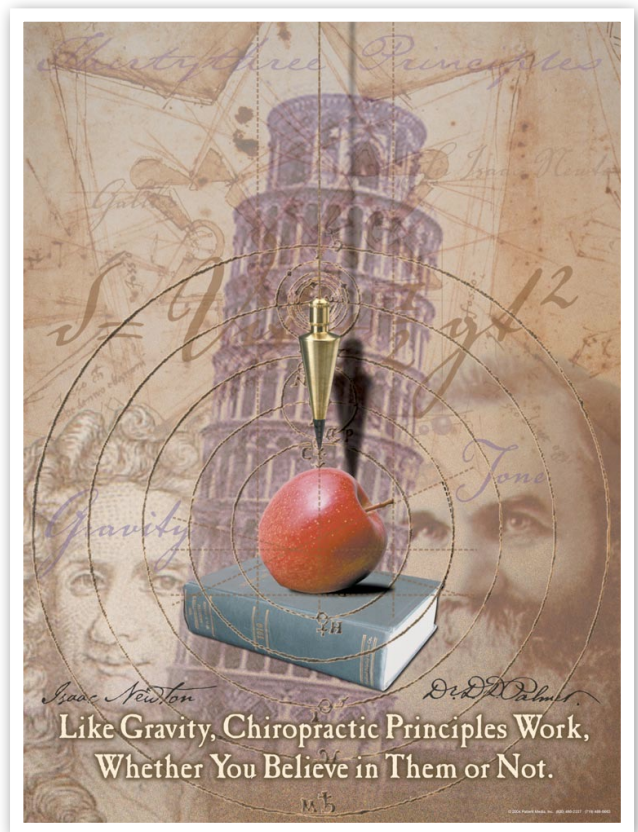
How Come I've Never Heard of Subluxations?

Maybe you've never heard of subluxations. That's OK. There probably was a time when you'd never heard of AIDS, Parkinson's or Alzheimer's.

You have more than 200 bones in your body. Whenever two bones come together at a joint, there can be movement. Since joints in your spine are so close to your spinal cord and nerve roots, too much or too little joint motion can have serious effects.

If spinal bones get "stuck", "jammed" or do not track correctly, they can irritate or chafe delicate nerves. If a joint moves too much, spinal bones can press against adjacent nerve tissue.

This can interfere with the vital "life force" transmitted over your nervous system that helps keep your brain in touch with your body.



The result is the vertebral subluxation complex, or more simply, a subluxation.

More than bones and nerves are involved. Muscles can become too tight or too weak. Discs, ligaments and other connective tissues can become inflamed. Bone spurs and arthritic degeneration can set in.

## Subluxations are Serious

However, the most important aspect of a subluxation is its affect on your nervous system.

Compromising the way your nervous system controls and regulates your body can have grave consequences. Distorted communications between your brain and your body can cause all kinds of health problems beyond just headaches and backaches.

Your chiropractic doctor is the only licensed health care professional dedicated to the detection, reduction and prevention of spinal subluxations. You're in good hands!

## Why the term Subluxation?

Subluxation is probably a term you've never heard before, especially if you're new to chiropractic.

The most fundamental definition of a subluxation, or more accurately a "vertebral" subluxation, is a spinal bone that is partially dislocated or out of alignment in relation to the spinal bone above or below it.

Chiropractors use the term subluxation a bit differently than medical practitioners.

Not only do chiropractors recognise more subtle nuances of vertebral biomechanics, but they also acknowledge the neurological impact that is associated with the loss of normal motion or position of spinal bones.

## **How do I know if I have a Subluxation?**

You can have subluxations and not even know it. Like tooth decay or cancer, subluxations can be present before any warning signs appear. The results of a thorough examination can show the location and severity of any subluxations you may have.

## **Can Subluxations clear up on their own?**

Sometimes. Today's hectic lifestyles are a constant source of subluxations. Fortunately, our bodies have the ability to self-correct many of these minor problems as we bend and stretch, or when we sleep at night.

When subluxations don't resolve, you need a chiropractic doctor!

## **Can children get Subluxations?**

Your first subluxation probably occurred from the birth process. Even "modern" childbirth methods can put tremendous pressure on an infant's spine. Poor appetite, unexplained crying and sleeplessness can be signs of spinal subluxations. Since the birth process can be a common cause, wise parents have their newborns checked for subluxations.

## **Subluxation and Chiropractic Treatment**

Chiropractic is different from medicine in many ways. Most profoundly, chiropractic care is NOT focused on treating disease, conditions or symptoms. That's the practice of medicine.

Instead, the intent of chiropractic care is to revive an individual's self-healing ability by locating and reducing vertebral subluxation. This unique approach to better health has been helping millions of people for more than a century, without the use of drugs or surgery.

## **Why hasn't my GP mentioned Subluxations?**

Good question. If we were in Canada, your GP would know exactly what a Subluxation is and how it impacts on your health. In Saskatchewan, ground breaking research was conducted in the 80's by leading Orthopaedic surgeon; Emeritus Professor W.H. Kirkaldy Willis and Clinical Chiropractic Researcher Dr. J.D. Cassidy.

This research in the role of Subluxation in spinal related conditions and neuro-musculoskeletal conditions was widely accepted within the medical fraternity.

Indeed Chiropractors, General Practitioners, Neurosurgeons and Orthopaedic surgeons work together in hospitals - for the good of the patient. All on the same team - what a novel idea! Patients are treated by Chiropractors in an effort to avoid expensive surgery. And Chiropractors are seen as fundamental in post-surgery management and rehabilitation.

In Canada, Chiropractic care is funded under their public health system. If you are pregnant you would have provision for Chiropractic care, just as you would see an Obstetrician.

Babies and mom, are checked by Chiropractors after delivery and a standard part of ante-natal care.

# **The Five Components of Subluxation**

The nervous system, consisting of the brain, spinal cord and all the nerves of the body, controls and regulates your entire body. Everything from your nose to your toes.

Your nervous system is so vital that it is protected by bone. The brain is protected by the skull, and 24 bones of the spinal column sheathe the spinal cord.

If spinal bones get "stuck", "jammed" or do not track correctly, they can irritate or chafe delicate nerves.

If a joint moves too much, spinal bones can press against adjacent nerve tissue. This can interfere with vital nerve traffic that keeps your brain communicating with your body.

The result is the vertebral subluxation complex, or more simply, a subluxation. A subluxation, or the Vertebral Subluxation Complex, is a serious condition identified by its five parts:

## **Spinal Kinesiopathology - The spine does not work or move correctly**

The spine does not work correctly resulting in the jamming or locking of some of 105 joints that make up the vertebral column. This causes interference of the nerve messages as they travel from the brain to the body, and from the body to the brain.

## **Neuropathophysiology - Nerve irritation and damage**

The Spine is the freeway for the nervous system. Damage to the nerves as they exit from the spine can result in numbness, tingling and burning sensations. In essence it is like shorting the power supply to your body. Whatever tissue, muscle, organ or joint the nerve supplies can become affected.

## **Myopathology - Muscle spasm and weakness**

When the spine is damaged, muscles supporting the spine can go into spasm in an effort to protect those joints involved. Muscle spasm is usually "Neurogenic" - that means caused by nerve damage. Muscle spasm will not go away unless the nerve interference is removed. This is why taking muscle relaxants only gives temporary relief.

## **Histopathology - Pain, inflammation and swelling**

If you sprain your ankle or hit your thumb with a hammer, soft tissues are damaged resulting in inflammation. The same process of inflammation occurs within the spine. That is why taking anti-inflammatory drugs helps mask the pain but does not fix the problem.

## **Spinal Pathophysiology - Spinal Decay**

If spinal problems are not addressed then the body will attempt to heal the dysfunctional area with the laying down of extra bone. This, in essence, is Spinal Decay. Chiropractic care helps to prevent spinal decay, just as dentists help to prevent tooth decay.

**Importantly; Once this process is initiated only Chiropractors are trained to identify and treat ALL aspects of the Vertebral Subluxation Complex**



## Subluxation: A Stress Response



### *What causes spinal bones to become misaligned and lose their normal position?*

Chiropractors recognise three general types of stress that can cause subluxation.

**Physical stress** is the most easily understood. Whiplash injuries due to a car accident are common occurrences.

The whipping action of the head can produce profound changes to the neck and its graceful forward curve.

**Chemical stress** in the form of drugs, alcohol, food preservatives and artificial ingredients can affect muscle tone and result in changes to proper spinal alignment.

**Emotional stress** such as anger, grief, fear and many others can cause supporting muscles to tighten, the spine to stiffen and postural changes to emerge.

In some patients, emotional stress is their primary driver of inflammatory change within the body!

One way to visualise subluxation is that of a “circuit breaker” that prevents an overload to the brain by dampening the ability of nerves to conduct nerve messages.



## How long until I get better ?

How long you take to recover from musculoskeletal conditions is commensurate with 4 Key Factors:

### 1. The complexity of Your condition

How bad is your computer scan and SEMG. How much nerve damage or pain have you been experiencing?

How many organ systems are involved?

### 2. The length of time You have had Your complaint

New complaint, or have you had trouble for 30 years? It makes a difference.

### 3. Host health and immunity (Your Healing Rate)

You cannot medicate yourself out of a condition you continue to eat yourself into. We cannot treat you out of a complaint that you perpetuate with poor choices.

You need to participate in your recovery; Commit to your care, Commit to better choices in your diet, and most importantly give yourself permission to heal and get well. The more health your lifestyle choices - the better your healing rate and therefore rate of recovery.

How you think, eat and move are critical.

### 4. Your Inflammatory Drivers (Your Attrition Rate)

Stress; Makes You More Inflamed and INCREASES YOUR PAIN

Sitting; Makes You More Inflamed and INCREASES YOUR PAIN

Repetitive Tasks; Make You More Inflamed and INCREASE YOUR PAIN

Grain Based Diet (eating wheat): Makes You More Inflamed and INCREASES YOUR PAIN

Inadequate hydration (with too much coffee or soft drink) Makes You More Inflamed and INCREASES YOUR PAIN.

What are you feeding yourself? What are you drinking? What are you smoking?

**Get involved. Get off the bench. You must participate in Your Recovery.**

