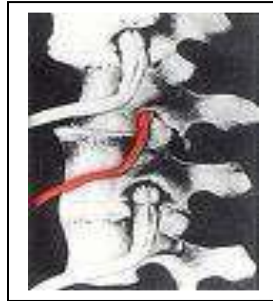




## What is Subluxation?

### What is Subluxation?

In simplest terms, a subluxation (Vertebral Subluxation Complex or **VSC**) is when one or more of the bones of your spine (vertebrae) move out of position and create pressure on, or irritate spinal nerves. Spinal nerves are the nerves that come out from between each of the bones in your spine. This pressure or irritation on the nerves then causes those nerves to malfunction and interfere with the signals traveling over those nerves.



**What causes a subluxation?** A fall, injury, sudden jar, trauma, or sometimes an inherited spinal weakness can displace a vertebra. Other causes include improper sleeping conditions or habits, poor posture, occupational hazards, incorrect lifting practices, obesity, lack of rest and exercise, and stress.

**How does this affect you?** Your nervous system controls and coordinates all the functions of your body. If you interfere with the signals traveling over nerves, parts of your body will not get the proper nerve messages and will not be able to function at 100% of their innate abilities. In other words, some part of your body will not be working properly.

It is the responsibility of the Doctor of Chiropractic to locate subluxations, and reduce or correct them. This is done through a series of chiropractic adjustments specifically designed to correct the vertebral subluxations in your spine. Chiropractors are the only doctors who undergo years of training to be the experts at correcting subluxations. Your chiropractor, in most cases, will use his or her hands in applying corrective pressure to the spine in a specific direction and location. The manual force or thrust helps restore the alignment and mobility of the vertebrae.

**Spinal Kinesiopathy** – your vertebrae are either less mobile or too mobile. You are unable to turn, bend, or twist your neck, hips or back.

**Neuropathy** – your nerves are impinged and you may feel pain, tingling or numbness.

**Myopathy** – your muscles are chronically tight, in spasm, weak or overly sensitive or sore.

**Histopathology** – you have swelling, or tenderness.

Ligaments, cartilage or discs, tendons and internal organs may be affected.

**Pathophysiology** – your muscles, joints, ligaments and organs show signs of wear, premature aging and less resistance to disease. *T. Koren, D.C.*

### How does subluxation affect the body?

- “Organs supplied by impinged nerves show abnormal change associated with disease”.  
*Henry Windsor, MD*
- **Blocked nerve impulses at the top of the spine can lower the body’s immunity to infections and cause impairment to central motor skills.**  
*Gutmann and Frymana, M.D.S.*

### Why correct subluxations?

- **Chiropractic patients showed improvement in general health after receiving chiropractic adjustments**  
*Chiropractic Research Journal, 1999*
- **Today’s chiropractors treat health concerns ranging from migraines to insomnia and oh, yes – back pain.”**  
*Country Living’s Health Living*
- **Chiropractic patients were found to have 200% greater immune competency than people who did not receive chiropractic care.** *Immune study by Ronald Pero, Ph.D., chief cancer prevention researcher, New York’s Preventive Medicine Institute*
- **Interference in the neck can lead to children having a lower resistance to infections, especially the ear, nose and throat”** *Dr. Gutmann, M.D.*

### When should you seek chiropractic care?

Chiropractic care should start at birth and continue throughout your lifetime. Chiropractors have known about the dangers of subluxations for over one hundred years. Today, more scientific evidence is showing the dangers of subluxations and the health benefits of correcting them

- **Subluxation alone is a rational reason for chiropractic care for a lifetime from birth.**  
*Dr Lee Hadley, Syracuse Memorial Hospital*



- **80% of all children are experiencing some malfunction of the nervous system and many have atlas blockages (subluxations)** *Gutmann and Frymann. prominent German Specialists, M. Medizin*
- **"...stressing the need for correction from birth so that irreversible subluxation degeneration changes do not occur."** *Abraham Towbin, MD, Harvard Medical School*

To be truly healthy, it is vital that your nervous system be functioning free of interference from subluxations. Our goal is to allow your body to return itself to the highest level of health possible by correcting VSC.