

# Vertebral Subluxation

## ***Vertebral Subluxation***

**Situation:** The spinal cord and spinal nerves behave like a circuit breaker or fuse box in a house. *Subluxation* is the chiropractic term that describes a condition when the flow of information through the nerves is interrupted or blocked due to a misalignment of the spinal cord within the spinal canal. When this occurs, many functions of the body can become compromised and painful, often leading to even more significant conditions.

**Causes:** The spinal column contains the most dynamic joints in the human body. No other joints . . . fingers, toes, elbows, wrists, or knees . . . have the range of motion as those within spine. But with dynamic range of motion comes the potential for damage and resulting mechanical issues. These damages can start subtly and with no symptoms at all or they can occur traumatically like with a car accident or sports-related injury.

Compromised spinal range of motion leads to wear and tear on the spine. Disease processes such as degenerative joint disease and degenerative disc disease start as small mechanical breakdowns in the spine. Over time the deterioration of the spine starts to produce nerve sensations such as pain.

### **Symptoms:**

Subluxations may produce clear symptoms like pain or muscle spasms . . . or may result in more subtle symptoms such as fatigue. It's important to note that the nerves in the spinal cord control all body functions including the function of organs like your liver. That means diminished function of an organ system could actually be the result of a nerve compromise in the spine.

**Treatment:** Only your chiropractor is trained to identify a subluxation. Treatments start with chiropractic adjustments. Massage, acupuncture, and physical modalities may compliment the chiropractic adjustments. The key to your body's health and well being is to free it of nerve interference caused through subluxations.