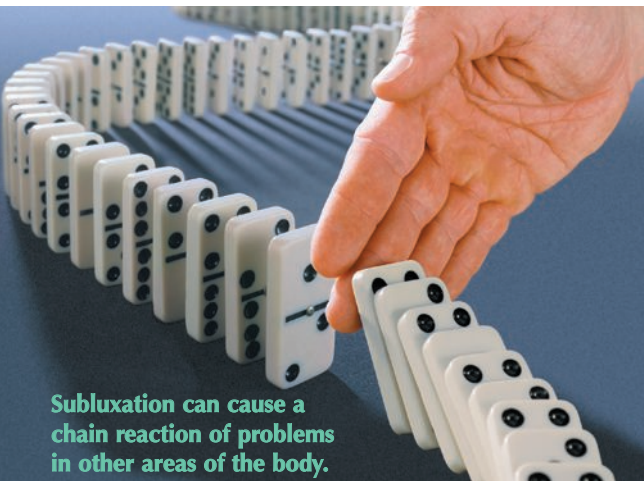


# Understanding the Vertebral Subluxation Complex.

Your spinal cord is a bundle of wires containing millions of nerves. These nerves send messages to and from your brain to virtually every cell in your body. This communication is necessary for your breathing, digestion, heart beat and thousands of other functions your body performs every day.

Your spine protects your spinal cord from damage but if the bones of your spine move incorrectly, move out of position or get “stuck”, the nerve signals can short circuit. If the delicate nerves become irritated, pinched or scraped, their messages can become distorted or cut off.

This sets off a chain reaction affecting the spinal bones, nerves, muscles and soft tissue. It may result in degenerative changes throughout the body. This is referred to as the Vertebral Subluxation Complex or Subluxation for short.



Subluxation can cause a chain reaction of problems in other areas of the body.

## Chiropractic Part of Balanced Healthcare

Chiropractic care focuses on maximizing the body's incredible potential for self-healing by detecting, correcting and preventing interferences in your nervous system. It may include spinal adjustments, stretches, exercises or other healthy lifestyle recommendations.

**Chiropractic can change your life!**

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# Subluxation



## How do you get a Subluxation?

Some subluxations occur from accidents or specific injuries however many develop through our regular lifestyle. Poor posture, improper lifting, long periods of sitting, stress and chemical imbalances (drugs, alcohol, pollution, toxins etc.) can all lead to subluxations.

## Correcting Subluxations

Your chiropractor is uniquely trained to detect and correct subluxations. Through a series of controlled, gentle adjustments they will attempt to increase the mobility and correct the positioning of your spinal bones. This helps to relieve any pressure on your spinal nerves.

Like "tooth decay", subluxations may go unnoticed for years before any warning signs appear. Regular chiropractic adjustments help correct small problems before they become larger and more debilitating.



Pain may signal a Subluxation but like tooth decay many are present without warning signs.

# 5 Components of the Vertebral Subluxation Complex

## Joint Malfunction (Spinal Kinesiopathology)

Spinal bones have an abnormal motion or position. This can lead to trouble bending, turning or twisting. This can cause the chain reaction to set in place the other 4 components of the Vertebral Subluxation Complex (VSC).

## Nerve Irritation (Neuropathophysiology)

Improper spinal function can rub,choke, "pinch" or irritate the delicate spinal nerves. You may feel pain, tingling, numbness or a pins-and-needles effect. The messages your nerves are sending may be altered or blocked causing dysfunction in other body parts.

## Muscle Impairment (Myopathology)

When muscle function is impaired from too much or too little nerve supply, muscles that support the spine respond in different ways. When nerve impulses are diminished, muscles can weaken and waste away or atrophy. When muscles are over stimulated from nerve irritation, supporting muscles can become tight and may go into spasm.

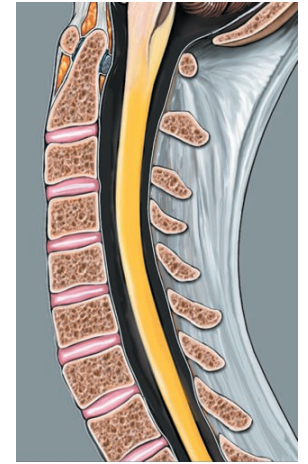
## Tissue Injury (Histopathology)

With spinal joint malfunction the discs, ligaments and other connective tissue are also affected. The soft, pulpy discs that separate each spinal vertebrae can tear, bulge, herniate or degenerate. Inflammation and swelling accompany the accumulation of blood and lymph, causing a rise in temperature. You may develop swelling or tenderness.

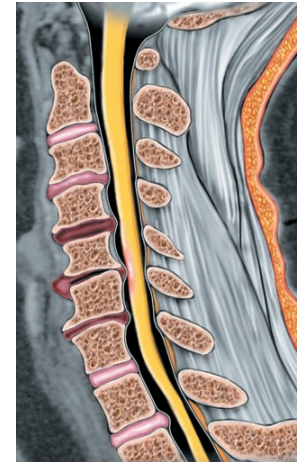
## Spinal Degeneration (Pathophysiology)

When there is a malfunctioning joint, the body responds by attempting to stabilize the area by growing new bone. Over time, calcium deposits can cause bone spurs (abnormal bony growth) and joint fusion. Spinal decay, scar tissue and long-term nerve irritation can cause other systems in the body to fail.

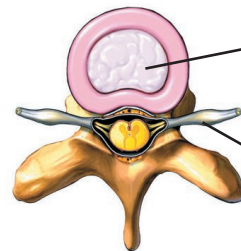
## Normal Cervical Spine



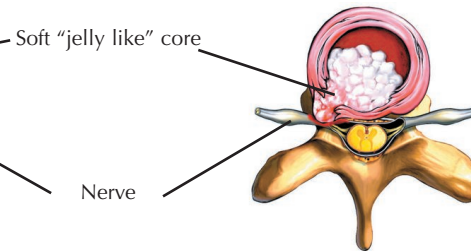
## Degenerated Cervical Spine with bone spurs and nerve interference



## Normal Disc



## Herniated Disc



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Regular adjustments can help prevent subluxations from becoming debilitating problems.