



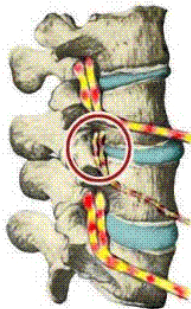
Centro **Q**uiropráctico Nilsson

What is a Subluxation?

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A vertebral subluxation is the spine that interfere with or irritate causes mechanical stress which muscles ligaments, discs and mobility and muscle spasms soon

Because of the direct relationship subluxations can impair nerve within the body's nervous system individual.



improper motion or position of the moving bones of the nerves. When a vertebra doesn't function properly, it accelerates wear and tear on surrounding spinal joints. Pain, tenderness, inflammation, decreased follow.

between the spine and nerve roots, vertebral functioning and lead to decreases in the communication and jeopardizes overall health and wellness of the

How does this affect you? Your nervous system controls and coordinates **all** the functions of your body. If you interfere with the signals travelling 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.

What Are the Causes of a Subluxation?

There are three basic causes of subluxations:

1. **Physical causes** are acute trauma to the body or repetitive motions that affect the spine. These could include slips and falls, accidents, bad posture, improper workstation habits, repetitive motions and improper lifting.
2. **Emotion causes** refer to stress such as grief, anger and fear. Excessive stress or inadequate stress management have been shown in medical research to have significant effects on the immune system and deplete the body from sustaining normal functions.
3. **Chemical causes** include poor diet and nutrition, alcohol or drug use, pollution and/or chemical toxins ingested in foods, air, and water. Chemicals which are harmful to the body reduce the body's ability to successfully adapt to and withstand internal and external stresses, eventually causing spinal subluxations.

How Do I Know if I Have a Subluxation?

You can have subluxations and not even know it. Like the early stages of tooth decay or cancer, subluxations can be present before pain or warning signs appear. Only the results of a thorough

examination can show the location and severity of the subluxations you may have. This is why we recommend that individuals seek periodic spinal evaluations to check for the presence of subluxations and other spinal abnormalities, even in the absence of pain.

There are several signs and symptoms commonly associated with the vertebral subluxation and include:

- Neck pain, tenderness, soreness and stiffness
- Back pain, tenderness, soreness and stiffness
- Headaches
- Dizziness or balance problems
- Spinal muscle spasm, tightness or weakness
- Reduced spinal mobility
- Pain, numbness or tingling in the extremities
- Joint pain and stiffness
- Low energy
- Poor overall state of health
- Poor tissue healing

Chiropractors are the only professionals who undergo years of training to be the experts at correcting subluxations

Can Subluxations Clear Up Automatically?

Yes, sometimes. Today's hectic lifestyles are a constant source of subluxations. Fortunately, our bodies have the ability to self-correct many of these problems as we bend and stretch, or when we sleep at night. When subluxations don't resolve, you need to see a chiropractor.

How Are Subluxations Corrected?

Doctors of Chiropractic are specialists in neuromusculoskeletal conditions. They are trained to restore the misaligned vertebrae to their proper position in the spinal column. They do this manually, utilizing the chiropractic procedure known as "spinal adjustment". 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. In some cases, the chiropractor may use instrumentation to detect subluxations and adjust the spine.

Subluxations generally require multiple adjustments for complete normalization to occur. Similar to straightening teeth, correcting malfunctioning and misaligned vertebrae requires time for the tissues to accept this new position as "normal".

Does the adjustment hurt?

Under normal circumstances, chiropractic adjustments are painless. In cases of recent trauma, such as whiplash, mild discomfort may be experienced due to inflammation. It is also common to feel a brief sensation in the extremities immediately following an adjustment due to the sudden decompression of the affected nerve root.

How will the adjustment help me?

Chiropractic adjustments by themselves do not actually heal the body. When any of the 24 moveable spinal vertebrae become misaligned, a basic imbalance or disruption can occur in the nervous and blood vascular systems, which may contribute to stress in the body. Chiropractic adjustments help eliminate that imbalance or disruption so that the body can function at its true potential.

Is regular chiropractic care necessary?

Regular chiropractic care may be necessary to correct spinal subluxations to help maintain sound health and fitness. Your spine is under constant strain during waking hours. Improper lifting techniques, poor posture, accidents, falls and bumps, and other causes can contribute to spinal strain. Timely adjustments can help restore the neuromusculoskeletal integrity of the spine to normalize the bodily equilibrium and increase resistance.

How old should a person be before he or she begins chiropractic care?

Chiropractic patients range in years from birth to old age. Regardless of age, the vertebrae can become misaligned. For example, the birth process may cause trauma to the neck and spine. Left uncorrected, the vertebral subluxation may disturb the delicate spinal cord and nerves which control the youngster's muscles and organs. In some cases, an uncorrected subluxation may lead to a deformity of the spinal column. An early chiropractic check-up may detect many spinal problems while they are still easily correctable.

Does an adjustment have to make a noise to be effective?

No, it is a common misconception that your joints must make a noise to be properly adjusted. However, more often than not when your vertebrae are adjusted, the smooth articular (joint) surfaces become separated, creating and then releasing a small vacuum, making a noise. This is the sound made when you crack your knuckles. Your chiropractor is concerned with the position of your vertebrae, not with the noise that may occur.

Should I go to a Chiropractor if I feel fine?

Even if you feel fine, chiropractic care can help your body maintain its required level of health and fitness. Your chiropractor can recommend a preventive spinal-care program and advise you on correct posture, dietary information and back exercises. Regular spinal checkups can help detect and prevent spinal stress due to subluxations.

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