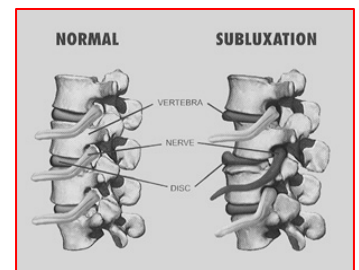


sub·lux·a·tion



noun \sə-blək-sā-shən\
: partial dislocation (as of one of the bones in a joint)

- Do you have chronic pain?
- Do you feel your body is just not performing like it should?
- Maybe you have a “kink” in your neck or back that is keeping you from moving fully?



If so, you may be suffering from a vertebral subluxation.

A subluxation is a term that chiropractors use to describe what happens when spinal bones lose their normal motion or position. The term “luxation” refers to a dislocation; therefore a **subluxation** is “less than” a complete dislocation of a joint and is usually accompanied by nervous system interference. **Subluxations can be caused by many things:** stress, trauma or injury, poor posture, repetitive motion, incorrect lifting, weakened core and anatomical deformities such as fallen arches. Subluxations can involve other joints in the body as well, such as elbows, ankles, shoulders and knees, just to name a few.

A subluxation of a vertebral segment can be revealed by a complete orthopedic/chiropractic exam and is identified by its five parts:

- 1.** Abnormal motion or position (*kinesiopathology*): The vertebra or sacrum have lost their normal motion and position. This can restrict your ability to turn and bend and give you that feeling of having a “kink”. It sets in motion the remaining four components.
- 2.** Abnormal nervous system function (*neuropathophysiology*): Aberrant function of the spine can stretch, impede, or irritate delicate nerve tissue. This resulting nervous system dysfunction can cause symptoms elsewhere in the body. An example of this is leg or buttocks pain often referred to as sciatica.
- 3.** Abnormal muscle function (*myopathology*): When subluxation occurs muscles supporting the spine and core can weaken, atrophy, spasm or become tight. Even associated scar tissue can change muscle tone.
- 4.** Abnormal soft tissue function (*histopathology*): An increase in blood or lymph supply can result in swelling and inflammation. Discs can bulge, herniate, tear or degenerate. Other soft tissues such as ligaments may even suffer permanent damage. Restoring soft tissue memory or integrity is crucial when correcting mechanical faults or subluxations.
- 5.** Abnormal function of the spine and body (*pathophysiology*): Bone spurs and other abnormal bony growths attempt to fuse malfunctioning spinal joints. This degeneration, scar tissue and long-term nerve dysfunction can cause other systems of the body to fail.

Chiropractors are experts in treating subluxations. Ask your chiropractor for more information about a care or treatment program that includes spinal adjustments, exercise recommendations, core strengthening, balance, strengthening or nutritional advice. **314-644-2081**