

## THE SUBLUXATION



A subluxation (also called segmental dysfunction) is the term applied to a bone (such as a spinal vertebra) which has lost its normal motion and/or position. This dysfunction is often associated with neurological imbalances that can alter the function of other organs and systems.

Based upon research, the following components may accompany the vertebral subluxation. Collectively, these components are known as the "subluxation complex".

- Kinesiopathology (e.g. abnormal spinal motion or alignment)
- Myopathology (e.g. muscle spasm, weakness, atrophy)
- Neuropathology (e.g. irritated, damaged nerves)
- Histopathology (e.g. tissue injury, inflammation)
- Pathophysiology (e.g. spinal disc degeneration, bone spurs, scar tissue)

Various physical, chemical and emotional stresses can cause subluxations. Sudden or repetitive movements, as well as poor posture can cause physical stress. Chemical stress can be caused by nutritional deficiencies or toxic substances in the food we eat, water we drink and air we breathe. Recurring depression or anxiety can be emotionally stressful.

Basically, stress can stimulate or inhibit the transmission of nerve signals, altering the regulation of body functions by the nervous system and interfering with the body's ability to restore and preserve health. For example, stress may cause muscle tension, with restricted joint movement (subluxation), that can lead to sudden or repetitive injuries. The neurological imbalances associated with these subluxations may cause conditions such as elevated blood pressure, lowered resistance to infection, and indigestion.

Chiropractors are highly skilled in the identification and correction of subluxations. Individuals who are not currently experiencing pain, for example, are not necessarily "subluxation free". Subluxations are similar to cavities, in the sense that a significant amount of damage may be present before symptoms, such as pain, are felt. This is why individuals are urged to seek periodic chiropractic evaluations to help identify spinal subluxations and other health disorders before they become more serious.