

THE SUBLUXATION COMPLEX



A vertebral subluxation (also called segmental dysfunction) is the term applied to a vertebra which has lost its normal motion and/or position in relation to neighboring vertebrae.

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

- Kinesiopathology (e.g. abnormal spinal motion and/or alignment)
- Myopathology (e.g. muscle spasm, weakness, atrophy)
- Neuropathology (e.g. irritated or 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 vertebral 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.

Stress often causes muscle tension, with abnormal spinal movement (vertebral subluxation). This can effect muscle coordination and strength, leading to sudden or repetitive injury. Basically, stress can excite or inhibit the transmission of nerve signals, and alter the regulation of body functions. This can interfere with the body's ability to restore and preserve health, and can lead to illness or injury.

Chiropractors are highly skilled in the identification and correction of vertebral 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.