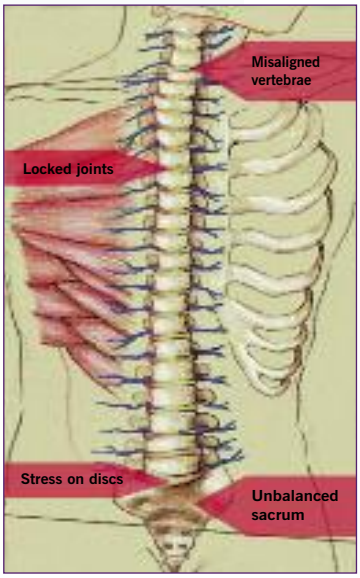
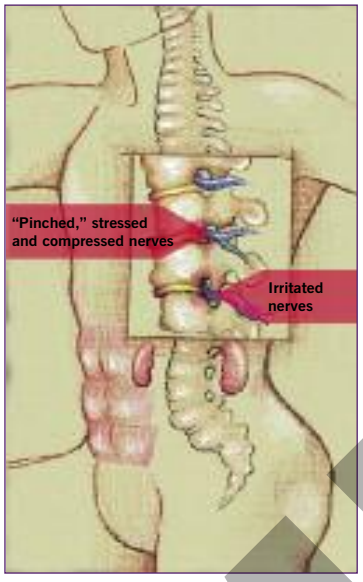
CHIROPRACTIC
Bringing Out The Best In You

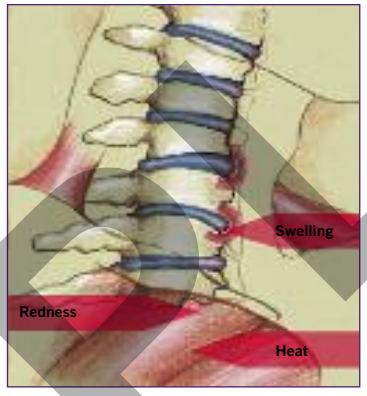
Patient _____
Doctor _____
Date _____ Case # _____

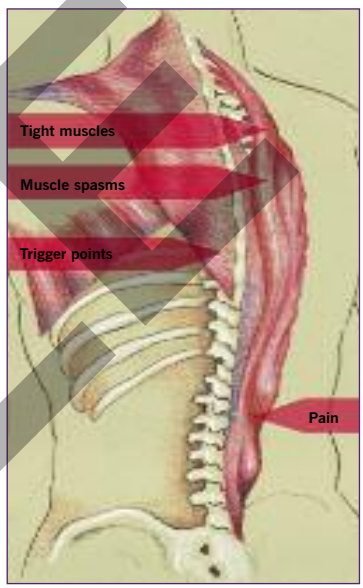
What Is A Subluxation?





The five components of the Vertebral Subluxation Complex





1 Joint damage
(Kinesiopathology)

- ❑ Vertebrae out of proper alignment
- ❑ Increased stress on joints, discs and ligaments
- ❑ "Locked" (jammed) or "clicking" joints
- ❑ Pain
- ❑ Reduced range of motion
- ❑ Shoulders, hips, knees and feet compensate for postural imbalance
- ❑ Loss of energy, fatigue

2 Nerve damage
(Neuropathology)

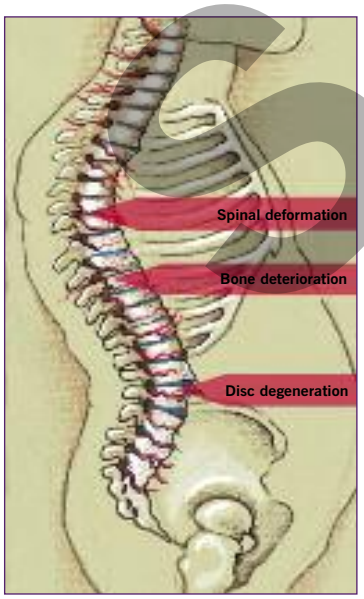
- ❑ Nerves compressed, stretched or "pinched"
- ❑ Abnormal nerve function
- ❑ Altered internal organ function
- ❑ Pain
- ❑ Attention deficit disorders, addictive behavior, psychosis and other conditions

3 Tissue damage
(Histopathology)

- ❑ Abnormal pressure on joints and nearby "soft" tissues
- ❑ Swelling
- ❑ Soft tissue damage
- ❑ Tender and painful areas, especially to touch
- ❑ Unnatural wear and tear causes arthritic changes to the joints and nearby tissues

4 Muscle damage
(Myopathology)

- ❑ Muscles chronically tense; muscle spasms
- ❑ Weakened muscles, cartilage, ligaments and tendons
- ❑ Pain
- ❑ Postural distortion



5 Health degeneration
(Pathophysiology)

- ❑ Dis-ease (overall body malfunction)
- ❑ Accelerated aging
- ❑ Chronic fatigue
- ❑ Lessened ability to respond to physical and emotional stress
- ❑ Lowered resistance to disease
- ❑ Joint degeneration, bone deformation, disc destruction
- ❑ Loss of height
- ❑ Inability to 'hold' spinal adjustments for long periods

Notes _____

SAMPLE

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