

# Spinal Degeneration

## Long-Standing Vertebral Subluxations Cause Spinal Damage



### The Healthy Spine

- gentle curves
- disc spaces are even
- bones are smooth
- full range of motion without pain
- can handle more physical and mental stress



### Degeneration Phase 1

- loss of normal spinal curve
- disc, joint, muscle and nerve damage
- posture is distorted
- less energy
- height may diminish



### Degeneration Phase 2

- increasing decay, disc narrowing and bone deformation
- spinal canal narrowing (stenosis) may occur
- aches and pains more common
- fatigue
- reduced ability to cope with stress
- height decrease continues



### Degeneration Phase 3

- greater posture imbalance
- increased nerve damage
- permanent scar tissue
- advanced bone deformation
- beginnings of physical and/or mental weakness or disability
- loss of energy and height also occur



### Degeneration Phase 4

- degeneration of the cartilage and bone
- bone fusion, constant pain and discomfort
- increased loss of height
- inability to turn, bend and twist
- physical and mental weakness and disability are evident

## Reversing Spinal Degeneration

Chiropractic care may reduce, halt and possibly reverse spinal degeneration by improving spinal balance and posture and keeping your joints, nerves and discs healthy and strong. Of course, the best approach to spinal degeneration is to prevent it in the first place! That's why spinal checkups for all children and adults should be a part of everyone's health care regime.

Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Presenting complaint(s) \_\_\_\_\_

Assumed height \_\_\_\_\_

Measured height \_\_\_\_\_

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