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# What Is A Subluxation?

# What Is A subluxation?



**Chiropractic  
brings out  
the best in me!**

***If we expect any healing and new life in our occupied and preoccupied society, the first thing we need is an open, receptive place where something can happen to us.***

— J.H. Nouwen

### • Why Has Chiropractic Become So Popular?

Why has chiropractic become so popular? It is because doctors of chiropractic are the only professionals trained to locate and correct subluxations. If subluxations are in your body, you cannot be truly healthy. What are these subluxations? How were they discovered?

### • How Were Subluxations Discovered?

Dr. Daniel David Palmer was a successful natural healer in Davenport, Iowa at the turn of the twentieth century. He examined a deaf man and found a spinal bone (vertebra) slightly out of its normal position. Palmer adjusted the vertebra back into place and the man's hearing returned! Dr. Palmer examined other patients' spines and found more of these abnormally positioned vertebrae. He wrote: *Shortly after this relief from deafness, I had a case of heart trouble which was not improving. I examined the spine and found a displaced vertebra pressing against the nerves which innervate the heart. I adjusted the vertebra and gave immediate relief. Then I began to reason if two diseases so dissimilar as deafness and heart trouble, came from impingement, a pressure on nerves, were not other diseases due to a similar cause?*<sup>1</sup>

Such was the discovery of chiropractic and the subluxation. In many ways it was a re-discovery of the ancient art of structural system alignment found in nearly every culture throughout history.



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A subluxation can “pinch” or irritate your spinal cord, nerve roots, spinal nerves and other tissues.



### • The Subluxation Complex

Palmer’s “displaced vertebrae ... [causing] a pressure on nerves” is now commonly referred to as

a subluxation.<sup>2</sup> Subluxation is a term used to describe the phenomenon by which chiropractors get such good results. Research reveals the subluxation involves structural distortions that affect brain and nerve function.<sup>3</sup>

### • What Does The Subluxation Do?

Subluxations cause body malfunction (dis-ease) which results in lowered resistance to disease, pain, imbalance and fatigue and can pave the way for ill health in almost any part of the body. Subluxations are sometimes referred to as “silent killers” because they can slowly eat away at your health and vitality for years without your knowing it.

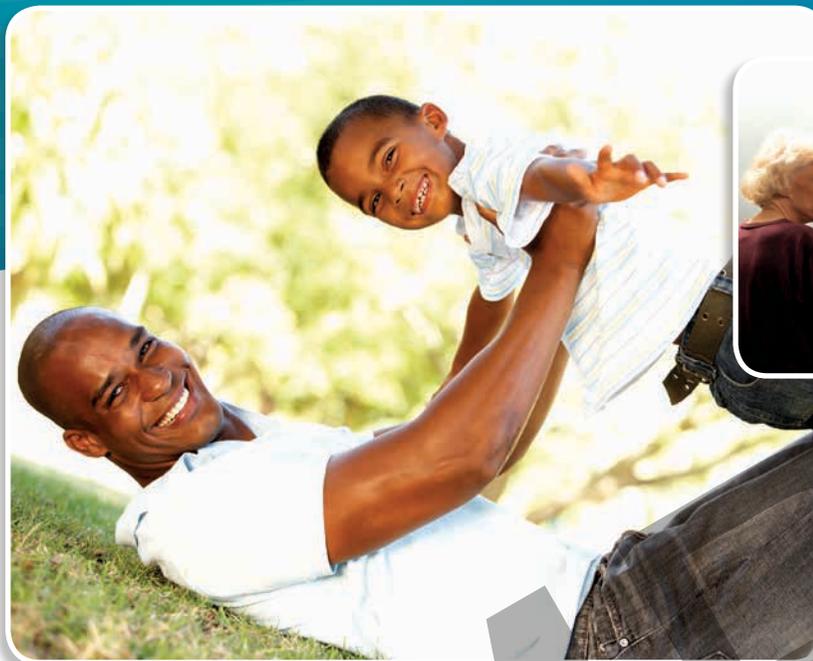
Subluxation damage includes the following components:<sup>4</sup>

#### 1. Joint damage (kinesiopathology)

Your structure is misaligned. You may not be able to turn your head, hips or other body parts around equally well or as far as possible (reduced range of motion). You may have “noisy joints.”<sup>5</sup>

#### 2. Nerve damage (neuropathology)

There is stress on your nerves. Chemicals and messages that flow over the nerves may be blocked.



Correcting silent subluxations today will help ensure greater physical and emotional health now and later in life.

You may feel nothing or there may be pain and other symptoms.<sup>6</sup>

#### 3. Muscle damage (myopathology)

Your muscles are tight, in spasm, weak, overly sensitive and/or sore. Your posture is unbalanced, resulting in fatigue and increased joint wear and tear.<sup>7</sup>

#### 4. Tissue damage (histopathology)

You have tender “trigger points” or painful spots. Ligaments, cartilage, discs, tendons and internal organs may be affected resulting in osteoarthritis or spinal degeneration.<sup>8</sup>

#### 5. Overall body malfunction (pathophysiology)

Eventually long-standing subluxations cause your muscles, joints, ligaments and organs to show signs of wear and tear, premature aging, fatigue, less resistance to disease and lack of physical and mental vitality. Internal organ disease, spinal degeneration and disc herniation may occur after years of subluxation damage.<sup>9-11</sup>

### • What Causes Subluxations?

Subluxations are caused by accidents, falls, sports injuries, birth stress and other trauma or by bad posture or even by emotional stress. Infants and children need to have their structural systems checked by a doctor of chiropractic as neurological and other health problems have been traced to structural damage at birth or in infancy.

### • Correcting Subluxations

Nearly everyone has subluxations at one time or another. It is sometimes said that if you suffer from neck and back pain you’re lucky—you are aware of a problem and will (hopefully) go to a doctor of chiropractic for a checkup. The chiropractor will not only check the areas in pain, but will throw in a “bonus” and check your entire body for subluxations, even the areas that don’t hurt.

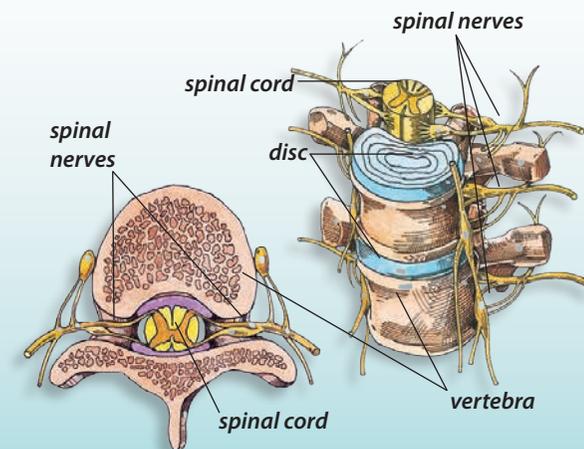
### • Benefits Of Chiropractic

Various studies have revealed the effects and benefits of subluxation correction. In addition

to pain reduction, chiropractic patients also experience significant improvements in overall physical health and mental/emotional health. They report sleeping better and improvements in lifting, walking, standing, sex life, social life and ability to travel. These benefits of chiropractic care were found in all age groups.<sup>12-17</sup>

### • Get A Chiropractic Checkup Now

Because subluxations are often painless, periodic chiropractic checkups should be a part of every family’s healthcare routine. Correcting silent subluxations today will help ensure greater physical and emotional health now and may well save you and your family from serious health problems that, later in life, could not possibly be ignored.



Your nerves are protected by your spine—but may also be damaged by it when it is out of alignment.