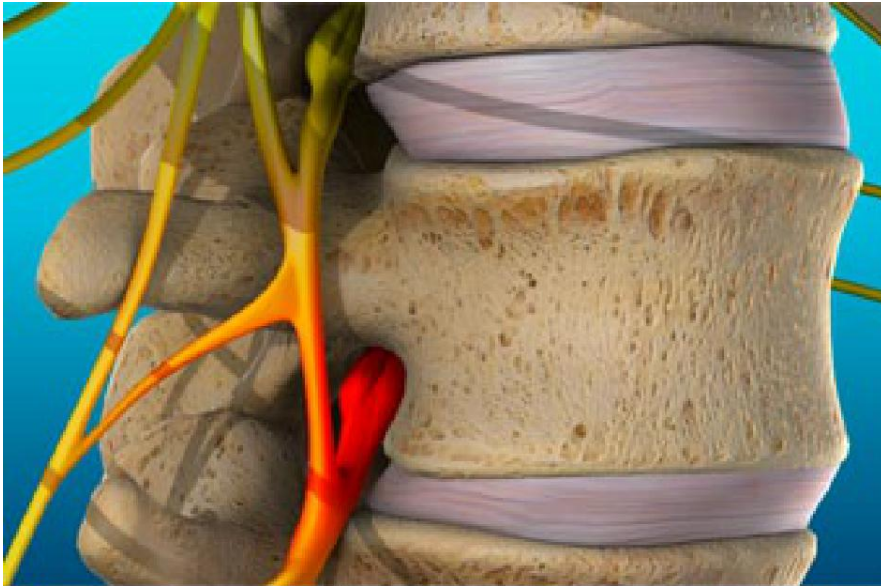




Vertebral Subluxation



Overview

Your spine is made up of bones called "vertebrae." They are connected by spinal discs and other soft tissues. This lets your spine bend and twist. If a vertebra shifts out of its normal position, we call that a "subluxation." This misalignment can injure the nerves that pass through your spine.

Causes

A subluxation can happen in many ways. It can be caused by the normal wear and tear of aging. It can happen because of injury or disease. And a subluxation that isn't corrected can cause problems like arthritis and bulging or collapsed discs. These can make your misalignment even worse.

Symptoms

Symptoms depend on where your subluxation has happened and how your nerves have been affected. A misalignment in your spine can cause problems far away in other parts of your body. For example, if you have a subluxation in your neck, you may have neck pain, or you may have a headache. You may have shoulder or arm pain. A subluxation in your lower back can cause problems in your legs and feet. Some chiropractors believe subluxations can cause a wide range of problems throughout your body.

Care and Management

A chiropractor can help find subluxations, and can help align your spine properly. Chiropractic care is safe and effective for many problems linked to subluxations. You may benefit from a continuing care plan. Your chiropractor can create a plan that is right for you.

