

<<< Back To Brochures

What is a Subluxation?



Why Has Chiropractic Become So Popular?

Why has chiropractic become so popular? Why does it work so well? It is because doctors of chiropractic are the only professionals trained to locate and correct a condition that can damage body function and overall health: the vertebral subluxation complex. If you have one, you cannot be truly healthy.

What is a Subluxation?

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

How Were Subluxations Discovered?

It was on September 18th, 1895 in Davenport, Iowa that Dr. Daniel David Palmer, a successful magnetic healer, just learned that Harvey Lillard, his janitor, had become deaf 17 years earlier after something "gave" in his back. Palmer examined the man's spine and found a vertebra slightly out of its normal position. With Mr. Lillard's permission, Palmer adjusted the vertebra back into place and his hearing returned. His curiosity piqued, Dr. Palmer examined other patients spines. As he later 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 have immediate relief. Then I began to reason if two diseases so dissimilar as deafness and hart trouble, came from impingement, a pressure on nerves, were not other diseases due to a similar cause?* Such was the discovery of chiropractic. In many ways it was a re-discovery of the ancient art of spinal care found in nearly every culture and practiced since time immemorial.

The Vertebral Subluxation Complex

Palmer's "displaced vertebrae...[causing] a pressure on nerves" is now called the vertebral subluxation complex (VSC or subluxation). The subluxation defies easy description—nearly 300 terms are used to describe it. That is because the VSC is technically an abstraction, like the electron, gravity or the gene. It is a term used to describe the phenomenon by which chiropractors get such good results. Most definitions of the VSC say it consists of a spinal bone out of place interfering with brain/nerve function.

The VSC causes body malfunction (dis-ease) which can lead to lowered resistance to disease, pain, imbalance, fatigue and can pave the way for ill health. It is sometimes called the "silent killer" because it can slowly eat away at your health and vitality for years without your having the slightest awareness of it.

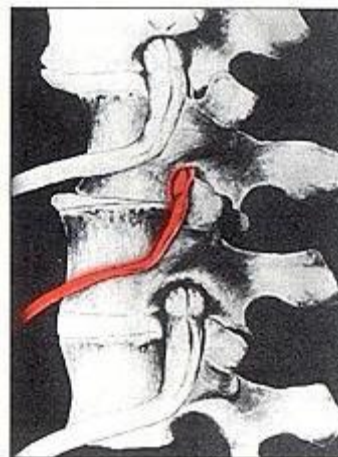
Vertebral Subluxation Effects

For ease of understanding and communication, subluxation damage is defined by the following 5 components:

1. Joint damage (kinesiopathology). Your spine is misaligned. It's often

painless but 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.”

2. Nerve damage (neuropathology). Your nerves and related structures are impinged, compressed or otherwise irritated.



This is one type of vertebral subluxation (nerve interference) – the “silent killer.”

Chemicals and impulses that flow over the nerves may be blocked. You may feel nothing or there may be pain and other symptoms.

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.
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.
5. Overall body malfunction (pathophysiology). Chronic subluxation stress causes 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 and spinal degeneration and disc herniation may occur after years of VSC damage.

What Causes Subluxations?

Subluxations are caused by stress: macro-stress such as accidents, falls, sports injuries, birth stress and other trauma or micro-stress which is caused by repeated movements that gradually wear down your body parts, by bad posture and even emotional stress. Present subluxations can occur from a difficult birth or from childhood falls. It is for that reason that infants and children need to have their spines checked by a doctor of chiropractic. Neurological and other health problems have been traced to spinal damage at birth or in infancy.

Correcting Subluxations

Subluxations are so common that they can be considered an epidemic—nearly everyone has them. It is sometimes said that if you suffer from neck and back pain you’re lucky—you are aware of a spinal problem and will (hopefully) go to a doctor of chiropractic for a spinal checkup. The chiropractor will not only check the areas in pain, but will throw in a “bonus” and check your entire spinal column for subluxations, even the areas that don’t hurt. Pain doesn’t always mean that’s where the subluxation is located—the pain may be referred with the subluxation far from the area that’s hurting. Chiropractors, for example, have seen severe leg pain (sciatica), pneumonia, kidney or bladder problems, allergies or stomach problems disappear after correcting subluxations in the upper neck. But subluxations are often painless. Therefore, periodic spinal examinations to locate and correct vertebral subluxations should be part of every family’s health care routine. Correcting silent

subluxations today might save you and your family from conditions that, later in life, could not possibly be ignored.

Dr. Woodrow W. Gwinn, Jr. Owner and Director of Clinics

Telephone
in Maryville 865-977-0916
in Madisonville 423-442-4153