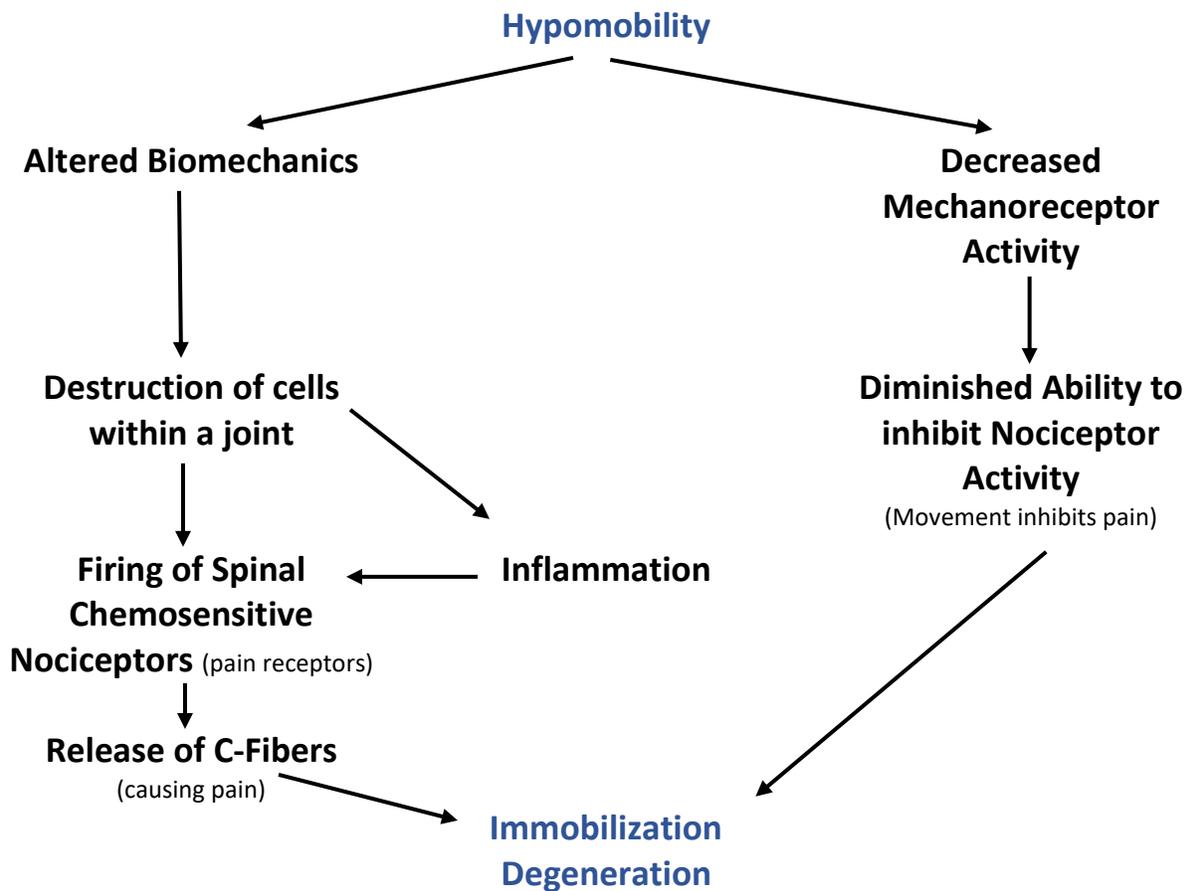


# Effects of Hypomobility

## *Restoring Function and Mobility to the Spine*

When a joint is stuck or immobile, degeneration of the joint begins almost immediately (proven for 70 years). As seen below, stuck joints can cause pain and have negative effects at the cellular level which affect autonomic control, pain pathways, and degeneration.

Just like maintaining equipment with grease...Grease is cheap and helps to reduce friction and the risk of serious expenses. When preventative measures are not used the expensive equipment won't last as long. Adjustments are cheap like grease and keep your body moving without expensive surgeries.



For more science behind the effects of the chiropractic adjustment talk to Dr. Deimler

Credit: Dr. Lisa Bloom

Lantz, Charles A. *Immobilization Degeneration and the Fixation Hypothesis of the Vertebral Subluxation*. 1988, [chiro.org/LINKS/FULL/IMMOBILIZATION\\_DEGENERATION.shtml](http://chiro.org/LINKS/FULL/IMMOBILIZATION_DEGENERATION.shtml).



