

Vertebral Subluxation

- What's Limiting Your Potential?



Essence of Life Spinal Care

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What is a subluxation?

The Vertebral Subluxation Complex or "Subluxation" for short, is a dysfunction of one of the bones in your spine (vertebrae). This dysfunction compromises the normal functioning of your nerves and can influence your overall health and well-being.

Subluxations prevent wellness

Subluxations affect your nerves

Subluxations can be silent

Subluxations can be corrected



What happens when I have a subluxation?



1 Spinal misalignment

The normal joint alignment, movement and function are altered, although contact still remains between joint surfaces.

2 Nerve dysfunction

Since your nervous system passes directly through your spine, subluxations will cause nerve irritation, sometimes resulting in obvious nerve pain and symptoms, but often times placing silent stress on your nerves, affecting the proper communication between your brain and the rest of your body.

3 Soft tissue dysfunction

Swelling and inflammation can occur. Surrounding soft tissue such as discs, ligaments and tendons can be damaged.

4 Muscle dysfunction

Surrounding muscles can become tight, out of balance, sensitive or may even spasm.

5 Other general health issues

Left unattended, subluxations can lead to long term changes such as premature wear and tear in your spine (spinal degeneration), general lack of energy, compromised immune system function, compromised respiratory function and compromised organ function.

Frequently Asked Questions

Q How do chiropractors correct subluxations?

A Your chiropractor is the only health professional specially trained to examine you for the presence of vertebral subluxations and correction of vertebral subluxations.

If detected, your chiropractor will use safe and effective chiropractic adjustments to restore proper spinal movement, correct your subluxations and remove nervous system interference.

It's important for you to know that spinal dysfunction always happens before back pain or neck pain, making most subluxations "silent". Your body also has a natural way of altering your mechanics to avoid pain when dysfunction is present; a smart move in the short term, but not good if you don't eventually correct the dysfunction.

Q Will my subluxations come back after they've been corrected?

A Unfortunately, spinal dysfunction has become a common consequence of our modern lifestyle habits and left unchecked it is likely that subluxations will reappear.

The good news is that regular checkups with your doctor of chiropractic will allow your spine to function at its best, correcting subluxations before the damage is irreversible.

Q Can I correct my own subluxations?

A No. Chiropractors spend years learning anatomy and perfecting their skills to take care of you and your spine - leave it to the professionals!