

Normal Spine Alignment

Every health care provider is aware of the use of average values to determine the health of their patients. Two common examples are Blood pressure (120/80 mm Hg) and body temperature (98.6°). To evaluate spinal health we use the normal posture model that we have shown you in your care at this office.

Some people argue that there is no such thing as normal spinal alignment, but a look at mathematical and engineering principals leads us to a conclusion that a typical or range of normal spine position exists.

*Subluxated or misaligned spines are normal**

- In some studies, subluxated spines are assumed normal because these people showed no signs or symptoms of pain or disease.
- But there are a large number of diseases that have no overt symptoms, even in their end stages. These include: many heart conditions, diabetes, numerous forms of cancer, scoliosis, osteoporosis, hypertension, and many other diseases.

*Mathematical and Engineering analysis of subluxation in the spine**

- Forward head posture and other subluxations shift the gravitational load to parts of the spine and disc that are not meant for weight bearing.
- Abnormal posture leads to increased muscle effort to maintain upright erect posture, which can result in muscle pain and spasm.
- Abnormal posture leads to increased chance of bony degeneration or deformity, also known as arthritis.
- Abnormal posture leads to increased strain and stress on the nervous system, resulting in reduced function of organs, muscles, and overall health.

There is a normal position of the spine!

An understanding of the stresses and strains described by engineers and mathematical models support this claim, as do studies from large population based scientific literature.

To keep you health at its optimal level, your nervous system and spine need to be in a normal position and subluxation free.

Help your friends and loved ones understand the importance of maintaining their spine! Invite them to a workshop or help them schedule a free spinal screening.

*A normal sagittal spinal configuration: a desirable clinical outcome. Harrison DD, J Manipulative Physiol Ther (Vol. 19, Issue 6, Pages 398-405)