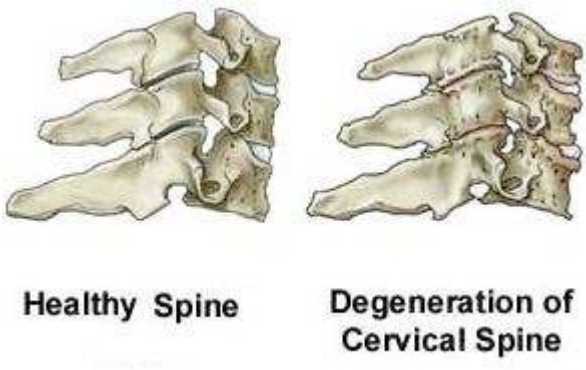
Subluxation
How Does It Affect Your Spine

Subluxation or misalignment of your spine affects your body in many ways. Nerve interference, decreases in range of movement and poor health are common topics of conversation when discussing subluxation. This review will focus on spinal degeneration, a.k.a. arthritis, and how it is formed.

Arthritis is commonly referred to as the 'wear and tear' disease and many physicians consider it a normal part of aging. During this process, bone remodels from its healthy normal appearance and forms osteophytes, bone projections that form at joints, which result in inflammation, pain, nerve interference and poor function of the spine.



Healthy Spine

Degeneration of Cervical Spine

How Does Arthritis Form?

Arthritis forms due to altered stress placed on the spine. When the spinal curves are in a normal position, the forces of your weight, gravity, and movement are equally distributed. The chart below shows the percentage of the load shared by the vertebral body and the articular pillars, which are two structures in the back portion of the vertebral body that are meant for support.

Normal Neck Curve	Slight loss of Neck Curve	Reversed Neck Curve
V.B. = 36% A.P. = 32% each	V.B. = 88% A.P. = 6% each	V.B. = 100% A.P. = 0%

The fact that the stresses are higher at the vertebral body in reversed curves compared to a normal curve is a common engineering idea. Wolff's law predicts that these large stresses have a relationship to formation of osteophytes on the vertebral body. This data indicates that any subluxation is an abnormal, undesirable configuration.

To keep your health and your nervous system at it's optimal level, your spine needs 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.

* Comparison of axial and flexural stresses in lordosis and three buckled configuration of the cervical spine; Harrison, Deed E.; Clinical biomechanics, 16 (2001) 276-284

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