

# **THE VERTEBRAL SUBLUXATION COMPLEX ... SIMPLIFIED**

Chiropractic and Medical Researchers have studied the Vertebral Subluxation Complex extensively. As a result, scientists have discovered that abnormal spinal motion and bone position can irritate and/or compress the spinal cord and the nerves that emerge from between each vertebrae. This can damage the spinal nerves, causing abnormal function there, as well as in associated tissues and organs elsewhere in the body...

The Vertebral Subluxation Complex is just that....complex. However, separating it into its Five Components makes it easier to understand.

- 1) **KINESIOPATHOLOGY** is any abnormal motion or position of the spinal vertebrae and is divided into three aspects. These include:
  - (A) Hypomobility (Loss of Motion/Fixation)
  - (B) Hypermobility (Excessive Motion/Instability)
  - (C) Compensation Reactions which result in : Short Leg, Head Tilt, Uneven/Rounded Shoulders, Pelvic Twist, Sway Back, etc.
  
- 2) **NEUROPATHOPHYSIOLOGY** is the resulting injury to the nervous system, and is divided into two main aspects:
  - (A) Irritation of nerves (85-90%) : For example: friction, tugging, torsional tension, traction, etc.; producing the "Facilitated Nerve Segment".
  - (B) Compression of Nerves (10-15%) : Caused by vertebrae, disc, etc.
  
- 3) **MYOPATHOLOGY** is the muscle malfunction due to this nerve damage:
  - (A) From Facilitation: (Hyperactivity) spasms, contracture, myofibrositis, etc.
  - (B) From Compression: (Hypoactivity) flaccidity, atrophy, myofibrositis, etc.
  
- 4) **HISTOPATHOLOGY** describes the destruction in the associated spinal structures such as ligaments, blood vessels, tendons, joint tissues, discs, etc., that frequently result in swelling, inflammation, possible nerve tissue damage, and other more subtle changes...
  
- 5) **PATHOPHYSIOLOGY** occurs on two levels:
  - (A) First, local spinal damage due to a longstanding Vertebral Subluxation Complex causes a slow, gradual destruction of the spine and its functions, with complete spinal fusion in some severe cases...
  - (B) Secondly, away from the spine, results in malfunction of glands, organs, and other tissues of the body...

While the immediate goal of Chiropractic care is often relief and the stabilization of the Vertebral Subluxation Complex, long-term reconstructive care is most beneficial to the nervous system, the spine, total body health, and Human Potential.....