

## **What is a Subluxation?**

Subluxation is a term used in the chiropractic field to describe what happens when one of the vertebrae in your spine moves out of position. The word subluxation is derived from the Latin words meaning somewhat or slightly (sub) and to dislocate (luxate). When this happens, the misaligned vertebra creates pressure and stress on the spinal nerves, blood vessels, and surrounding muscles. This pressure and stress can cause an imbalance in the body's normal processes as the nerves in the spinal column extend to the entire body and its organs. As time goes on and the uncorrected subluxation settles, the damage to the nerve gets progressively worse different stages of subluxation degeneration set in.

Subluxations can occur in a number of ways A car accident, fall, sudden jar, or trauma are all examples of unique instances that may cause a subluxation. The other occurrence of subluxation comes from regular actions such as improper sleeping position, poor posture, or incorrect lifting processes.

Chiropractors are specialists in correcting subluxation and other misalignments. A chiropractor can restore the misaligned vertebrae to their proper position in the spinal column. They do this manually by using the chiropractic procedure known as spinal adjustment. Your chiropractor, in most cases, will use his or her hands in applying corrective pressure to the spine in a specific direction and location. The manual force or thrust helps restore the alignment and mobility of the vertebrae. In some cases, the chiropractor may use instruments to detect a subluxation and adjust the spine. Under normal circumstances, chiropractic adjustments are painless. In cases of trauma, such as car accident, some discomfort may be experienced due to inflammation. It is also common to feel a brief sensation in the extremities immediately following an adjustment due to the sudden decompression of the affected nerve root.