Chiropractic

A chiropractic adjustment or a "spinal adjustment" is one of the primary treatment techniques that a Chiropractor uses. Doctors of Chiropractic are in point of fact, experts that specialize in performing spinal adjustments. "Adjustment" is a term that refers to the physical manipulation of the spinal vertebrae. The goal of an adjustment is to return the spine into a more natural state of health by reducing vertebral subluxations. Subluxation is a word that derives from the Latin terms Sub, which means "slight", and Luxate, which means to "be misaligned" or "to dislocate." Together, they refer to a slight dislocation or misalignment of the spinal column.

When a patient has a subluxation, they may be suffering from reduced joint mobility, muscle spasms, pain, and nerve impingements or irritations. Chiropractors are able to perform a chiropractic adjustment to correct the misalignment and help the patient reduce pain, nerve irritation, and muscle spasms, while reducing nerve irritations. This type of spinal adjustment technique involves the manual application of force into the misaligned spinal vertebrae. When force is applied to correct the vertebral alignment, the procedure often produces an audible clicking sound, which might surprise a first time chiropractic patient; however, this is just an audible release of gas that has been trapped within the spinal joints.

Spinal manipulations will rarely cause pain or discomfort. Quite often, patients will report a sense of immediate relief right after an adjustment and may experience some positive changes in their symptoms shortly after receiving care. Any discomfort that is felt after an adjustment is often minor soreness that will resolve itself in a short period of time. In order for the patient to achieve optimal results, patients may receive several adjustments over multiple visits to the chiropractor. In addition to chiropractic treatments, treatment alternatives might include functional restoration exercises and massage therapy.

How Do Subluxations Affect My Organs?

The spinal column is designed to house the nerves. Common daily stressors and other traumas, ranging from minor accidents to major accidents, can impede the nerve flow. When this happens, nerves can become blocked, which can also block the proper functioning of the organs.

If you have an organ related problem, it might stem from a subluxation or misalignment of the vertebrae. The nervous system controls the bodyâ??s basic functions like digestion and respiration, in addition to governing the bodyâ??s higher cognitive functions such as memory and intelligence. To ensure that the body it functioning normally, it makes sense that your nerves also need to flow properly. When the nerves become damaged or blocked, certain problems may arise. When your nerves are allowed to function properly with improved energy flow, your organs and muscles are going to receive exactly what they need.

How are you affected by a vertebral subluxation?

When your nerves are blocked, contorted, or irritated, pain may be experienced. Subluxations along the spine where the nerves exit can cause interference to the nervous system at any these points. This can lead to the improper functioning of various parts of the body, and ultimately your health.

The nervous system coordinates and controls every function of the human body. Any interference therefore, will have an impact on the bodyâ??s ability to function properly. Your nervous system allows you to adapt to your environment, making it possible to live in your environment. Much of the nervous system is found or passes through your spine. The spinal cord acts as a major cable that runs from your brain, traveling down inside your spinal column, where it branches off into spinal nerves at each level of your spine. These spinal nerves exit the spinal column between each individual vertebrae and goes to various parts of the body.

In order to be healthy a pain free, it is key that your spinal column is free of subluxations so that your nervous system is able to function properly.

The Silent Threat of Subluxations

To many people, vertebral subluxations are unnoticeable, which implies that they could be potentially causing damage to the body. Subluxations have been considered a silent threat because they often do not cause pain until they are quite progressed. They can often go undiagnosed for many years as they work to deteriorate the bodyâ??s overall heath potential.

Here at Summit Chiropractic and Massage, we specialize in finding the silent threat of subluxations, which is a major cause of ill health and low energy. Chiropractic works by providing a focused adjustment onto the subluxated spinal column. This adjustment will often give our patients immediate relief in the areas causing discomfort.

The body is able to hold tension in the body in certain ways, even guarding itself when minor and major events occur. Some of these impacts are experienced through daily activities. The guarding mechanism may create a build-up of fibrous tissues around the

subluxation. When this build-up of tissue is relieved by a skilled adjustment, some minor discomfort may be experienced. Relieving a subluxation can increase the circulation to the nerves, blood vessels, and lymphatic system, providing the organs with what they need to thrive and grow. The spinal adjustment can create a powerful and positive ripple effect throughout the body. The results are increased health and vitality.

Why Chiropractic Works

If you are suffering pain in the musculoskeletal region, chiropractors will be able to detect and remove the source of what is causing your discomfort. Here at Summit Chiropractic and Massage, our expertise is to find the source of the pain, while also providing a hands-on treatment that can give you immediate relief. As part of your treatments, we will provide you with an individualized treatment plan for your health, which will ensure that you receive maximum benefits.

Your body may hold stress patterns that carry tension and build to pain. Pain can be caused by a wide variety of factors including repetitive traumas, such as assembly line work, all the way up the pain causation spectrum to major traumas, like car accidents. Chiropractic is designed to help remove the pain complex. When your body suffers from stressors, tension is created causing pain sensations. Your muscles may hold onto unwanted stress and can even push your vertebrae out of alignment, to which your body will "learn" these muscle patterns. It is the job of the Chiropractor to help your body "unlearn" stress and tension patterns that can cause your body pain.