

# Symptoms of Spinal Misalignment



## Cervical Spine

The human spine consists of 24 movable bones called vertebrae. The vertebrae are connected and cushioned by intervertebral discs made of a special type of cartilage. Intervertebral discs provide spacing for the spinal nerves to exit between openings in the posterior joints of the spine. These openings are called intervertebral foramina. The disc along with the posterior joints of each vertebrae are responsible for the flexibility of the spine. Spinal misalignments called subluxations can cause changes in the function of the disc and posterior joints. These changes can alter the shape of the disc and the intervertebral foramina where the delicate spinal nerves exit. The result is irritation to the spinal nerves that send and receive information between the body and the brain. The areas listed below are directly or indirectly controlled by the spinal nerves and may cause malfunction represented by the following effects.

## Thoracic Spine

The Cervical spine consists of 7 vertebrae with spinal nerves traveling to the face, ears, eyes, tongue, sinuses, eustachian tubes, vocal cords, pharynx, pituitary gland, thyroid gland, neck muscles and shoulders. Possible effects of malfunction are: headaches, nervousness, insomnia, colds, fatigue, allergies, sinus trouble, runny nose, earache, pain around eyes, acne, pimples, throat conditions, stiff neck and upper arm pain.

## Lumbar Spine

The Thoracic spine consists of 12 vertebrae with spinal nerves traveling to many of the internal organs, the arms, wrist and hands. Possible effects of malfunction are: asthma, cough, pain in lower arms and hands, allergies & heartburn. Conditions affecting the following organs: heart, lungs, gall bladder, liver, kidneys, pancreas, adrenals, small intestines and lymph system.

## Sacrum

The Lumbar spine consists of 5 vertebrae with spinal nerves traveling to the abdomen, large intestines, appendix, sex organs, uterus, bladder, prostate gland, legs, ankles, feet and muscles of the lower back. Possible effects of malfunction are: constipation, colitis, diarrhea, cramps, painful or irregular periods, bed wetting, painful knees, backache, leg cramps, weakness in the legs.

## Coccyx

The sacrum is the base where the spine rests, and is part of the pelvis. Pelvic misalignment can cause changes along the entire spine. Connected to the sacrum is the coccyx, commonly called the tailbone. The spinal cord is covered by a thin membrane that attaches to the coccyx. This membrane extends the entire length of the spinal cord and continues to cover the brain. Changes that occur during pregnancy or falls can alter the position of the coccyx, possibly changing the tension on this membrane. Ask your Doctor of Chiropractic about the symptoms listed and many other conditions that could be caused when there are spinal misalignments.

Chiropractic is based on the scientific fact that your body is a self-regulating, self-healing organism. These important functions are controlled by the brain, spinal cord, and all the nerves of the body. The skull protects the delicate tissues of the brain. The moving bones of the spine protect the vulnerable communication pathways of the spinal cord and nerve roots. If the nervous system is impaired, it can cause malfunction of the tissues and organs throughout the body. Doctors call this the Vertebral Subluxation Complex.

Chiropractors work by restoring your own inborn ability to be healthy. When under proper control of your nervous system, all the cells, tissues, and organs of your body are designed to resist disease and ill health. The chiropractic approach to better health is to locate and help remove interferences to your natural state of being healthy. A common interference to the nervous system is the 24 moving bones of the spinal column. A loss of normal motion or position of these bones can irritate or impair the function of the nervous system. With improved spinal function there is often improved nervous function. A Doctor of Chiropractic can help remove interferences that may be impairing normal health. Since the primary focus of your care is improved nervous system function, chiropractic can have a positive effect on many health conditions not normally thought of as "back" problems.

## Sympathetic Nervous System

