



# Dr. Shane Explains...

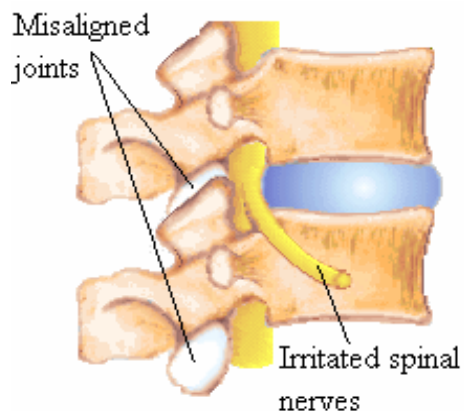
## Subluxations

In very simple terms, a **Subluxation** is a misalignment of the joints in your body. Normally the joints in the body glide smoothly on one another when you move. When a **Subluxation** is present, the joints can't move as well as they normally do. This sets up a complex chain of events that leads to pain, stiffness, muscle spasm, and nerve irritation.

Chiropractors focus on removing **Subluxations**, especially from the spine, because it reduces the irritation to nerves in your spine. These nerves go throughout the entire body to all the muscle, bones and even to organs like the heart and lungs. Furthermore, joints in the arms and legs also can develop **Subluxations** that chiropractors can remove.

**Subluxations** in the spine can cause such symptoms as low back pain, neck pain, headaches, sciatic pain, and hip pain.

**Subluxations** in the joints of the arms and legs can lead to conditions such as carpal tunnel syndrome, tennis elbow, golfer's elbow, rotator cuff problems in the shoulder, heel pain and knee problems.



Many different problems can lead to developing **Subluxations**. Accidents, sports injuries, falls and work accidents can injure the spine. Poor posture and repetitive motions can eventually cause the spine to weaken. Bad health habits like obesity and poor nutrition also stresses the spine. These problems and others injure the spine and create **Subluxations**.

If you have any health questions please feel free to ask Dr. Shane.

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