

What is a Subluxation? The subluxation is the main focus of chiropractic. Includes: disc injury, nerve impingement/function, muscle spasm, loss of motion to joint, pain, misalignments, inflammation and arthritis.

Sub: Meaning a little

Luxation: meaning a dislocation. For example: dislocation of shoulder, completely out of shoulder joint.

A subluxation of a vertebrae in your spine would mean it's out of alignment (a little bit).

Why should I be concerned of Subluxations and minor misalignments?

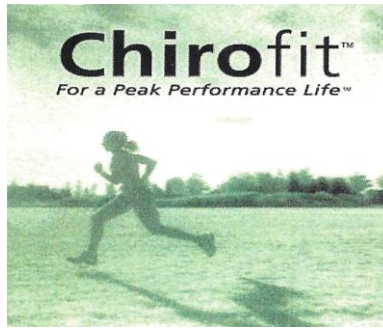
1. When a vertebrae becomes subluxated, the ligament that holds it into place (the disc) is pulled upon. This strains the integrity of the disc causing it to swell (**INFLAMMATION**).

2. Over time causes micro-tears of the outer disc fibers. This weakens the joint. The receptors within the joint sense an unstable joint and activate the muscles in that area to tighten up and protect the disc from further injury. (**MUSCLE TIGHTNESS/MUSCLE SPASM**).

3. The joint is now misaligned, has muscle tightness and inflammation that alter the range of motion. (**LOSS OF MOTION**) Here you can see the body's natural protectors for a misaligned unstable joint.

4. As the joint swells, usually increases over night as the body is healing or after prolonged sitting or standing, the nerve in the surrounding area is impinged. It only takes the weight of a dime to decrease that nerve flow by 50% (to muscle, sensory or organ). (**NERVE INTERFERENCE/IMPINGEMENT**)

5. The joints above and below the subluxated vertebrae or joint will compensate for that lack of motion and become hypermobile. This is similar to grinding your teeth and will cause degenerative arthritis/osteoarthritis. (**OSTEOARTHRITIS**) In addition, bone spurs may form as the body tries to further stabilize the degenerative joint.



How will Chiropractic help me? The Gonstead Chiropractic adjustment specifically addresses this misalignment at the disc level, for a complete correction. The vertebrae is placed back onto the proper juxtaposition, the muscles will release their tight hold once the joint feels stable, and as the damaged disc fibers, repair the inflammation will go down and take the pressure off the nerve.

Are subluxations painful?

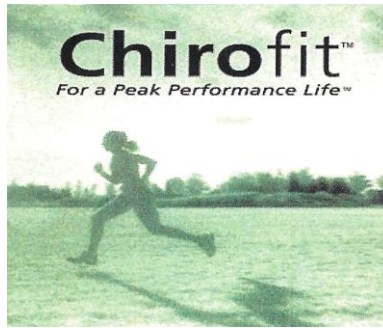
Since less than 10% of your nervous system is sensory, it may or may not cause pain. Much like a cavity, you may not even know you have one until you see the dentist. Similarly, you may not know you have a subluxation until you see the chiropractor.

Yes I realize the next portion starts out the same but people tend to jump about on websites. I feel this is important info and can be repeated. Maybe not in sequence.

Why should I see a chiropractor? What if I have no pain?

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Therefore, you may not know that the nerves going to your heart and lungs are being impinged with that poor posture in front of the computer. Or impinging the nerves to your arm and causing that numbness and tingling, or weakness into your hands. Or that achiness into your shoulders or that sudden knee pain out of the blue.



Other factors of health are available at Chirofit:

Chiropractic is wonderful and nerve flow has more benefits than relieving pain but it's not the only factor of health.

Nutrition: Nutrients are equally as important. Nutrients are important for healing, building blocks for enzymes, hormones, healthy bones. We provide nutrition scanning, supplementation and weight loss guidance.

Exercise: Home programs of core strengthening, stretching. Also offer Walk/Run Groups, Run Clinics for proper technique.

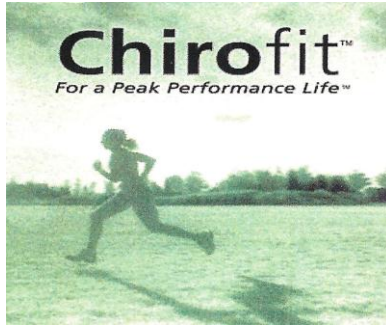
Keep it simple: Balancing all the 'should do's' in life is tough. Dr. Rencher will help you with simple tips to maintain your joints, stress levels, nutrition levels and adjusted spine. Getting to optimal health is a challenge in itself, our keep it simple approach takes away that overwhelm and comforts you that you can have it all.

Understanding your body. Dr. Rencher believes that if her patients understand how their spine and body works then the concepts of proper lifting, golfing posture, sleeping sitting postures that we teach can become second nature to you. That education concept is also available to her patients for nutrition, exercise, weight loss, sport injuries.

Working with other disciplines. Dr. Rencher works with doctors and therapists of many disciplines to help you get the best results and full recovery.

Hours of service:

Morning hours: M, W, F 7:30am- 1PM



Afternoon/evening: M, F 3:30- 6:30 PM