

What is the “S” word?

What is the “s” word? This is the question I was asked during my interview process to join my chiropractic fraternity Chi Rho Sigma. This is a question I didn’t have an answer for. The “s” word is something that not everyone knows about and even fewer talk about. It’s what chiropractors specialize in. It’s what we spend years learning how to recognize, analyze, and correct. And it’s what I will spend my lifetime educating people about. So, what is the “s” word?

Subluxation.

What is a subluxation you ask? It is a medical term that means a bone out of place either pinching a nerve or irritating the nerves around it. See we have nerves that come out of these tiny holes in our spine called intervertebral foramina. These nerves send and receive input from everything in your body. That includes, muscles, skin, joints, and even organs. So, when a bone gets out of place and either pinches a nerve or irritates the nerves around it there are a lot of problems that can happen ranging from back pain to headaches or from shortness of breath to excessive bed wetting.

How do we get subluxations? That is the magic question. Some people have big “obvious” causes of subluxations: a car wreck, a fall down some stairs, having your head jumped on by a 2-year-old ninja toddler...oh wait maybe that last one is just in my household. But many people get subluxated everyday by living their ordinary lives. Have you ever seen someone walking around with their head constantly bent over their phone? Or have you thought about what sitting at a desk all day and a recliner all night does to your low back? Have you ever “just slept wrong” and woke up with a “crick in your neck”? Or do you always walk your dog on one side of you and he pulls every time he sees a cat? All these everyday activities add up. And they all can cause subluxations.

Now here’s something you’ve probably never thought of. **Have you ever seen a baby be born?** How about just hearing the pain and pressure a mother feels while she’s giving birth? Now think about how small a newborn baby is and imagine all that pressure literally pushing a human out of a 10cm hole. Next imagine a doctor helping guide the head and neck of the baby and about 8 people handling the baby after it has been born. Now imagine being stuck in one position for 4-6 weeks upside down with your head curled down by your feet and then experiencing the birthing process. Do you think some babies are born subluxated? Absolutely! It’s called BIRTH TRAUMA for a reason people.

So, what does the “s” word, subluxation, mean to you? Do you or a family member have back pains, migraines, or fibromyalgia? Or maybe you have a child with unexplained recent onset of asthma, eczema, or still wets the bed into their pre-teen years? Subluxations have many symptoms, but they all have one thing in common. Misalignment of a bone leading to decreased input or output of nerve flow.

So, when was the last time you or your family had their spines evaluated for subluxations?