

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser



The Experts® on Chiropractic Care:



Dr. Rick Powers



Dr. Wallace Jans



Dr. Crystal Taylor



Dr. April Ruzycki



Dr. Sheldon Cherniak

The Experts®
you need to know
on Chiropractic Care



Dr. Wallace Jans

What is a Vertebral Subluxation Complex?

This may sound like Greek to you, but don't stop reading! It's actually Latin and it's very good description of what happens when the human spine isn't working properly.

When the bones of the spine, called vertebrae, lose their normal motion and position in relation to the other spinal bones it is termed a Vertebral Subluxation Complex. We usually refer to it simply as a Subluxation. Subluxations result in mechanical stress on the bones, discs, ligaments, muscles and surrounding tissues of the spine. Significantly, there is also physiological stress on the nerve roots which affects the body's primary communication system between the brain and the body. Subluxations can produce pain, muscle spasms, reduced mobility, accelerated spinal degeneration, and with the improper nerve function, a reduction in over-

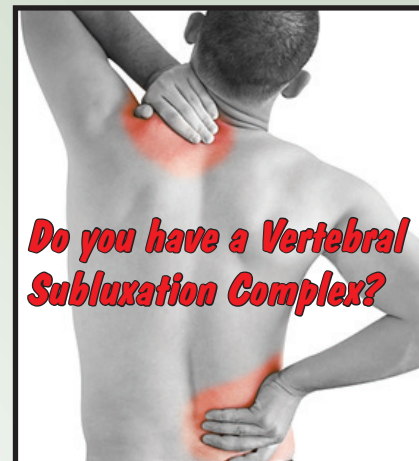
all health. It's called a complex because there are many components, each of which is detrimental to a person's health and wellness. The old concept, held by many people, that there is "a bone is out of place" is too simplistic and isn't correct. Spinal problems are much more than that and the term Vertebral Subluxation Complex describes in 3 words what is happening in a malfunctioning spine.

Chiropractors are specifically trained to detect the various components of the Vertebral Subluxation Complex. Because pain may or may not be present, chiropractors must be adept at assessing spinal motion and position as well as tissue changes, muscle imbalance, and nerve compromise. This involves a chiropractic physical examination and in our office computerized spinal scans. X-rays can also be an important assessment tool.

Chiropractors are uniquely trained to correct Vertebral Subluxations. Chiropractic adjustments involve the very specific application of force to restore proper motion and position to the affected areas of the spine. The amount of force must be great enough to create motion while being light enough to avoid straining the already compromised tissues. The direction of the force must promote proper alignment of the vertebrae.

Mastering the art of delivering effective chiropractic adjustments requires a great deal of skill and practice. Just "cracking" a joint is not the same as a chiropractic adjustment.

If you want to have your spine checked for Vertebral Subluxation Complexes or find out more about how chiropractic can help you, call our office for a free consultation.



Do you have a Vertebral Subluxation Complex?

**CALL 403-529-9069
FOR A FREE CONSULTATION**



The Big White House on 6th St. just off Kingsway

737 - 6th Street SE

Ph: (403) 529-9069

Check our blog
www.powers-jans.blogspot.com

For the latest news and
events at our office



Find us on
Facebook

www.facebook.com/PowersAndJans

www.powers-jans.com